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ABSTRACT

This resource guide lists nutrition education materials, audiovisuals, and other materials for elementary school classroom use. Topics covered include general nutrition, food preparation, food science, and dietary management. Teaching materials listed include books, brochures, food models, games, kits, videocassettes, audiocassettes, activity sheets, posters, and lesson plans. Items are listed within the following categories: curriculums (34 items), learning activities (40 items), storybooks (19 items), audiovisuals (51 items), resources written for children (9 items), and resources for adults (75 items). For each item listed, information includes title, author, type of material, length (pages or minutes), publisher or producer, National Agricultural Library call number, and summary of content. A few of the items are available in languages other than English. Items are available on loan from the National Agricultural Library; guidelines for requesting materials are provided. (JDD)

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# Nutrition Education Materials and Audiovisuals for Grades Preschool through 6

**Special Reference Briefs: SRB 94-09**

**Shirley King Evans**
**Food and Nutrition Information Center**

**Food & Nutrition**

**National Agricultural Library Beltsville, Maryland 20705-2351 July 1994**

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**Table of Contents**

Introduction ..... page i

Document Delivery ..... page iii

Curriculums ..... page 1

Learning Activities ..... page 11

Story Books ..... page 21

Audiovisuals ..... page 25

Resources for Children ..... page 39

Resources for Adults ..... page 43

## Introduction

This publication has been prepared for educators interested in nutrition education materials, audiovisuals, and resources for classroom use. Items listed in this publication cover topics including general nutrition, food preparation, food science, and dietary management. Teaching materials listed include: food models, games, kits, videocassettes, and lesson plans. Textbooks and resources are listed to assist you with background information; some materials can be used independently by children.

Older items (more than five years old) that are still appropriate to use or were developed with Nutrition Education and Training (NET) funds are included. No summaries are available for older items that were added to the collection this year.

Every item in this publication is available for loan from the National Agricultural Library (NAL). Please check page iii to see if you are eligible to borrow directly from NAL. Otherwise check with your local library on how to borrow materials through inter-library loan with the National Agricultural Library (NAL).

Some items that have been produced from Nutrition Education and Training (NET) funds and other resources are available for purchase. Please contact the producer(s) directly or call the Food and Nutrition Information Center (FNIC) for more information.

Each item has been placed in one or more of the following categories:

- curriculums
- learning activities
- storybooks
- audiovisuals
- resources written for children
- resources for adults (includes handbooks or textbooks)

If you have any questions concerning borrowing materials and/or audiovisuals, please call (301) 504-5755 for assistance.

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Patrons eligible for direct borrowing service of food and nutrition materials may request items by phone or by using the Individual Request Form (IRF). The IRF may be duplicated as many times as necessary. Please follow the guidelines below for both types of requests. Be sure to give your name and affiliation, as we cannot send materials without the name of the patron who will be responsible for them. In compliance with copyright laws/guidelines, **each request must bear your signature**. Requests without signature or with photocopied signatures will be returned.

**AUDIOVISUALS (AVs):** For loan purposes, AVs include motion pictures, filmstrips, slides, kits, games, audiocassettes, videotape recordings, posters, transparencies, Show'n Tell filmstrip/record sets, and film loops (a film loop is a Super 8 mm cartridge; and requires a Fairchild, Audiscan or Technicolor cartridge projector). AVs are not loaned outside of the continental U.S. except for Hawaii, Puerto Rico, the Virgin Islands and other U.S. Territories.

- Give the complete title and format (type of material). Include the catalog number (up to 4 digits followed by a hyphen and the year – 1453-77) or a call number, when possible.
- Indicate the date materials are to be used (show date); materials will be mailed one week before the date.
- Order at least 3-4 weeks ahead of time. Up to three AVs may be ordered at one time, using one IRF per item. Give alternate title selections if materials are needed for a particular date. If specific titles are needed, give alternate show dates.
- To avoid the possibility of an item being overlooked, list items desired in chronological order (up to three per date) on a sheet of paper along with your name and address. Provide a street address since items may be sent by United Parcel Service (UPS).
- Use the return address label that comes with the item. Be sure all pieces are in the kit. Materials must be returned in their original boxes. Patrons are responsible for paying the return postage (First Class) or an express delivery service.

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- Sign the IRF to indicate compliance with copyright laws/guidelines. IRFs with a photocopied signature will be returned.

To preview or inquire about materials contact the Document Delivery Services Branch, (301) 504-5994.

# Curriculums

**Aim for balance: exercise and eat right**
1 vol., 2 posters, and 1 guide
Seattle, WA: Seattle Public Schools & the Washington Dairy Council, 1989.
**CALL NO**: LB1587.A3A35
**Summary**: This teaching tool (grades K - 12) stresses nutrition and exercise as two vital components to fitness. Included is a section on ideas and suggestions for a healthier lifestyle for the entire family.

**Catch the wellness bug!: Wellness promotion activities for elementary students**
Barbara A. Rienzo
1 portfolio
Tallahassee, FL: Florida Nutrition Education & Training, State of Florida Dept. of Education, 1991.
**CALL NO**: LB1587.N8R53
**Summary**: This packet provides a basic curriculum for health promotion with stress on nutrition for elementary school students. The packet was developed for Florida's nutrition month activities for March, 1991. Included in the packet are duplication master booklets for grades K to 6, incentive posters, incentive stickers, and teacher's manual.

**Crunchy Critter returns**
Jeanette Pinkson, Carol Daniel, and Ruth Gordon
1 videocassette (VHS) (89 min.), 4 duplication masters, 3 hand stamps, 6 plastic signs, 1 guidance materials book, 6 posters, 1 set of recipes, 4 rolls of stickers, and 6 cling-on signs
Atlanta, GA: Georgia Public Telecommunications Commission, Georgia Dept. of Education, 1991.
**CALL NO**: Videocassette no. 1186
**Summary**: Provides the second part of Crunchy Critter Club, a nutrition education program for primary grades (K - 3). Included are bright signs, posters and stickers to reinforce concepts.

**Education for self-responsibility IV: nutrition education: curriculum guide**
Home Economic Curriculum Center, Texas Tech University, College of Home Economics
3 vols.
Austin, TX: The Center, c1992.
**CALL NO**: TX364.E38 1992
**Summary**: This curriculum guide is dedicated to improving the nutritional status of children and adolescents as well as inspiring lifetime habits of healthy eating. Contains a total nutrition education program that encompasses nutritional aspects of the child's daily life both at school and at home. Provides teachers with specific grade-level plans and learning activities that include student handouts and worksheets, teacher resource pages, and overhead transparency masters for prekindergarten through grade 12.

**Exploring the food pyramid with Professor Popcorn**
Sue Frischie and Karen L. Konzelmann
21 lesson plans, 67 duplicating masters, 3 activity sheets, 1 bifold display, 2 booklets, and 1 pamphlet
West Lafayette, IN: Purdue University Cooperative Extension Service, 4-H EFNEP, c1993.
**CALL NO**: Kit no. 215
**Summary**: Teaches nutrition and basic health principles by means of activities which cover the Food Guide Pyramid and the Dietary Guidelines for Americans. Divided into three levels for grades 1-3, grades 4-6, and grades 7-9.

**Food and technology**
24 activity cards, 9 cards, 2 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 57
**Summary**: This unit of nutrition education learning activities is intended to used with grade 5. In this unit students compare foods eaten at three time periods in the past with food eaten today and explore the key role technology plays in expanding the number of foods available to consumers. Students learn about the nutrient profiles of various foods and use their understanding of technology and nutrients to generate solutions to futuristic food problems. Instructional aids included in this unit include worksheets, comparison cards, and posters.

**Food for growth**
Christine Evely and Jo-anne Johns
57 p.
Milton, Queensland (Australia): Jacaranda Press, c1991.
**CALL NO**: TX364.E895 1991
**Summary**: Discusses why we need food, the difference between needs and wants, the concept of we are what we eat, ethnic foods, and food choices. Organized in units for children of different age groups, ranging from beginners (5-6 years) to upper years (10-13 years). Designed to develop health-enhancing attitudes and values while providing relevant information.

**Food, fun, and facts: kids from one to five: trainer's manual**
5 lesson plans, 10 duplicating masters, 5 transparency sheets, 1 booklet of handouts, and 1 set instructional materials
Jefferson City, MO: Missouri Department of Health; Columbia, MO: University of Missouri-Columbia, c1993.
**CALL NO**: Kit no. 216
**Summary**: A basic session on the role nutrition plays for normal growth and development of preschool children, the most common nutrient problems, and ways to ensure that meals meet children's nutritional needs. Covers developmental characteristics of children in relation to food and eating, feeding children, and nutrition activities that can be used in a child care setting. Also discusses how to set up a training session and how to train adults.

**Food gives me energy**
40 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 53
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 2. In this unit, students learn that all foods give them energy and that their bodies need energy to move. The students also learn that food from plants and animals are classified into four food groups and that these foods go through many steps to get from the farm to the home. Included with this unit are worksheets, food picture cards, food production sequence cards, and posters.

**Food helps me grow**
Eatwell's growing party
24 picture cards, 2 posters, 1 paperback book, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 54
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 1. In this unit, students learn some specific concepts about the relationship between food and growth. They also examine how certain foods have helped their teeth grow and stay healthy. Students also learn to categorize foods according to their source (plant or animal) and to classify foods by their taste (salty, sweet, or tart). Food safety is taught by preparing a snack in the classroom. Instructional materials include worksheets, food picture cards and posters.

**Food keeps me healthy**
48 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 58
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 3. In this unit, students explore what it means to be healthy and go on to learn that each food group is important in their diet to maintain good health. Students are introduced to the concept of combination foods and perform a play that synthesizes the four food group concept. Instructional aids with this unit include worksheets, food picture cards, and posters.

**Food in America**
48 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 56
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 4. In this unit, students compare foods eaten by Native Americans in the past with foods grown in America today. The students also learn the concept of nutrients are associated with, and why those nutrients are important for health. Instructional materials include worksheets, food picture cards and posters.

**Growing healthy: promoting healthy body weight overweight children, one to five**
1 manual, 31 duplication masters, 2 brochures, booklet, and chart
Minneapolis, MN: Minnesota WIC Program, Minnesota Dept. of Health, c1991.
**CALL NO**: Kit no. 116
**Summary**: Kit provides resources for WIC educators addressing the problem of overweight. Information includes criteria to help educators identify factors influencing a child's growth/height status as well as review of current literature and scientific basis for development of the curriculum.

**Growing up healthy and eating right with the Dietary Guidelines : a curriculum supplement for upper elementary and middle school teachers**
Steva Alexis Komeh
39 p. + 1 pamphlet
Maryland State Dept. of Education, c1992.
**CALL NO**: RJ206.K65 1993
**Summary**: Designed to help classroom teachers in upper elementary and middle schools incorporate activities which focus on the nutrition concepts contained in the Dietary Guidelines publications into their regular course of study. Contains activities which facilitate comprehension and retention of six of the seven Dietary Guidelines.

**Head Start nutrition education curriculum**
Washington, DC: U.S. DHHS, Office of Human Development Service, Administration for Children, Youth and Families, Head Start Bureau, 1988.
**CALL NO**: TX364.H4 1988
**Summary**: A multidisciplinary approach to nutrition education is emphasized in "Children, Get a Head Start On the Road to Good Nutrition." The curriculum is organized into nine units: 1) Food Makes Me, 2) Planning to Feed Me, 3) Clean Eating, 4) Variety Surrounds Me, 5) Food Is Sensational, 6) Food Origins, 7) Body Building Basics, 8) Eating the Basic Way, and 9) Special Occasion Foods. Each unit includes unit goals and rationale, teacher background information, resource materials, and skills and knowledge objectives. A "parent kit" designed to involve parents in their children's nutrition education by suggesting how they can promote the development of good eating habits in their children is included.

**Health skills for life**
Lesson plans, tests, activities, supplemental materials, posters, and resource guides
Eugene, OR: Health Skills for Life, Inc., c1987.
**CALL NO**: Kit no. 135
**Summary**: Grade K-The Four Food Groups; Grade 2-Toothbrushing and Foods for Dental Health, Selecting Carbohydrates, Fats and Proteins; Grade 4-Care of the Digestive and Excretory Systems, Selecting Foods for a Meal.

**Healthy choices for kids: nutrition curriculum**
Marianne King and Joan Walsh
Wenatchee, WA: Growers of Washington State Apples, *1991*.
**CALL NO**: TX364.K56 1991
**Summary**: Consists of five education kits based on the USDA/HHS Dietary Guidelines for elementary school children, grades one through five. Emphasis is placed on encouraging children to try a variety of foods within the five food groups through "hands on" activities and tasting sessions. Teachers can adapt detailed lesson plans according to need and school objectives.

**Heart-healthy lessons for children**
Jayne L. Newmark
63 p. + 8 transparencies, and 21 duplicating masters
Phoenix, AZ: Arizona Heart Institute and Foundation, c1991.
**CALL NO**: RC684.D5N46 1991
**Summary**: Introduces students to the risks of heart disease and suggests easy and effective ways they can reduce those risks. Contains five lessons, background information, teaching suggestions for classroom activities, overhead transparencies, worksheets, puzzles, and games.

**Jealousy among the fruits**
Celina Malone
St. Thomas, VI: Virgin Islands Nutrition Education and Training Program, Virgin Islands Dept. of Education, Child and Nutrition Programs, c1991.
**CALL NO**: LB1587.N8M34 1991
**Summary**: This short 3-act skit encourages healthy eating habits for children in grades 1-3.

**Kid's club: nutrition learning activities for young children**
Barbara Mayfield
1 sound cassette, songbook, 6 puppets, and manual containing 26 lesson plans and 49 duplicating masters
Indiana: Indiana WIC Program, Indiana State Dept. of Health, c1992.
**CALL NO**: Kit no. 146
**Summary**: Designed to teach preschool children key concepts about food, nutrition, and health. Discusses the importance of eating a variety of foods; nutritional value of foods; growth and development; harmful effects of smoking; how to have a healthy heart; and how junk food fits in the diet.

**LIFE, living instruction in food education**
Mary Jane Moore Kiefer, et al.
1 vol. + 25 sheets
San Juan, CA: San Juan Unified School District, 1987.
**CALL NO**: TX364.S2
**Summary**: Five nutrition concept areas (Food choices, Factors influencing food choices, Consumer competencies, Food related careers, Food handling) of the Health Instruction Framework for California provide the philosophy and structure for this self-contained educational curriculum. Experience-oriented activities encourage the formation of positive food attitudes and flexible eating habits and encourage the practice of good consumer nutrition. Lesson plans, supplemented by teacher information and student activity materials, may be used to teach math, science and language skills and are divided into three grade sections: preschool and kindergarten, grades 1-3 and 4-6. Each lesson plan includes the objective, background information, reinforcement activities, estimates of time and materials needed and evaluation techniques. The Materials section includes parent letters, handouts, worksheets, puppets, ideas for bulletin boards and a resource list.

**MHEA kit**
Maryland Home Economics Association
1 set lesson sheets, 7 pamphlets, and 1 resource booklet
Bethesda, MD: The Association
**CALL NO**: Kit no. 165
**Summary**: Monthly lesson sheets cover such topics as lunches, healthy snacks, holiday meals, breakfast, dental health, seafood, dairy month, picnics, food while traveling, etc.

**Mid-LINC: middle level interdisciplinary curriculum**
Penn State Nutrition Center, College of Health and Human Development, the Pennsylvania State University
1 videocassette (VHS), 1 science video kit, 3 notebooks, and 1 meal ready-to-eat
University Park, PA: The Center, c1993.
**CALL NO**: Kit no. 160
**Summary**: Curriculum program developed to help 6-8th grade students make connections between nutrition and social studies, math, science, language arts, health, and home economics.

**Mission energy**
Susan Lombard, Muriel Martz, and Barbara Morningstar
16 leaves + 1 computer disk
Tallahassee, FL: Florida Nutrition Education & Training Program, Florida Dept. of Education, 1987.
**CALL NO**: TX364.L64 1987
**Summary**: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit will review the four food groups, balanced meals, and good eating manners. The students are introduced to six nutrients. The unit teaches the energy nutrients, microorganisms, and that different activities require various amounts of energy.

**Munch a bunch food fair**
Dee Nabb, Barbara Morningstar, and Susan Lombard
46 leaves + 1 computer disk
Tallahassee, FL: Florida Nutrition Education & Training Program, Florida Dept. of Education, 1987.
**CALL NO**: TX364.K62 1987
**Summary**: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the kindergarten level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying foods and nonfoods; identifying specific fruits and vegetables; identifying seeds from certain fruits and vegetables; and, explaining that water is important for plants to live and grow.

**Nutrition a la mode: a curriculum for WIC nutritionists, the parents and children they serve**
1 vol. + 103 duplication masters
Minneapolis, MN: Minnesota WIC Program, Minnesota Dept. of Health, c1991.
**CALL NO**: TX361.C5N873 1991
**Summary**: This is a curriculum for WIC nutrition educators and the parents and children they serve. The volume contains 8 teaching modules. Topics include: picky eaters, low-cost meals, healthy snacks, foods for toddlers, young children, eating less fat, getting my family to eat vegetables, meals from foods on hand, and using leftovers.

**Nutrition and me**
3 videocassettes, 10 transparencies, 1 wall chart, 2 books, 7 duplicating master sheets, and 1 classroom guide
Los Angeles, CA: Churchill Media, c1993?
**CALL NO**: Kit no. 217
**Summary**: A curriculum-based health package for students in grades 4-6. Focuses on three areas: categories of foods as organized in the Food Pyramid; digestion of food, with emphasis on the influence of food on growth; and the food industry. Structured to involve student participation as well as written follow-up activities.

**Nutrition and the preschool child**
Austin, TX: Nutrition Education & Training Program, Texas Dept. of Human Services, 1991.
**CALL NO**: TX361.C5N876 1991
**Summary**: This workshop packet provides educators with basic nutrition concepts in order to plan and prepare cooking activities and nutrition education lesson plans.

**Nutrition for children**
1 booklet, 1 poster, 2 brochures, 1 pre-test, 1 post-test, 8 transparency masters, 1 follow-up test, and 1 workshop outline
Austin, TX: Nutrition Education & Training Program, Texas Dept. of Human Services, 1991.
**CALL NO**: TX361.C5N877 1991
**Summary**: This workshop packet provides educators with advanced academic training and information on using the "Dietary Guidelines for Americans" as a basis for nutrition education in the classroom.

**Nutrition in the basics: an integrated nutrition education curriculum based on the Dietary Guidelines for Americans**
Wendy Sandoval, et al.
Santa Fe, NM: Nutrition Education & Training Program, Nutrition Bureau, Public Health Div., Health & Environment Dept., State of New Mexico, 1988.
**CALL NO**: TX364.N864
**Summary**: This curriculum guide is intended to provide educators with materials for the teaching of nutrition in the elementary grades (K-5). The five dietary guidelines targeted in this curriculum are: eat a variety of foods; avoid too much fat, saturated fat and cholesterol; eat foods with adequate starch and fiber; avoid too much sugar; avoid too much sodium. The nutrition education in this guide is integrated with the disciplines of language arts, math, science, social studies, music and art. A skills index is provided.

**Off to a good start: practical nutrition for children**
Catherine Romaniello and Nancy Van Domelen
130 p.
Englewood, CO: Wildwood Resources, Inc., 1989.
**CALL NO**: TX361 C565 1989
**Summary**: This resource book provides child-oriented nutrition information. Included are USDA Child Care Food Program rules and regulations, menus, shopping activities, songs, and activities for children of all ages.

**Show me healthy habits: a nutrition education curriculum for preschoolers**
Karma Overmiller, et al.
Jefferson City, MO: Nutrition, Education and Training Program,
Missouri Department of Social Services, Division of Health, 1986.
**CALL NO**: TX361.C5S5
**Summary**: Centered around three principles: nutrients are inside foods, nutrients perform specific bodily functions, and individual/family patterns can be strengthened through behavior modification, this curriculum was developed for preschoolers. Guided by the Healthy Habit Twins, the text covers several nutrition topics in individual mini lessons. Good health habits, nutrition for preschoolers, and some major vitamins and minerals are sections taught by Nutri-letters and through activity guides. How to conduct a health fair is presented in detail. All lessons are reinforced by an extensive resource guide to books and films. A knowledge/attitude survey to be taken by the child care provider is include

**Smart start: food, fitness and fun: nutrition education manual for 3-5 years olds**
Bernice Kopel, Melissa Davis, and Theresa Wiederholt
1 vol.
Stillwater, OK: College of Human Environmental Sciences, Nutritional Sciences Dept., Oklahoma State University.
**CALL NO**: TX364.K67 1992
**Summary**: The objective of this manual is to promote good nutrition and reduce obesity in children. Contains nutrition facts, activities, exercises, stories and rhymes, and recipes for snacks.

**Training for healthy eating: a curriculum guide for preschool teachers**
Patricia McGrath Morris and Mary Hughes Hynes
58 p.
Washington, DC: Public Voice for Food and Health Policy, c1992.
**CALL NO**: TX364.M669 1992
**Summary**: Utilizes the thinking behind the 1992 Food Guide Pyramid by translating this into the concept of a train. Contains instructions for constructing a train, a sample letter to parents on the importance of involving children in food preparation, and curriculum activities.

# Learning Activities

**Arizona 5 a day for better health: fruit and vegetable activity book for child care programs**
48 leaves
Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, c1991.
**CALL NO**: TX361.C5D37 1991
**Summary**: Suggests ways of increasing the number of servings of fruits and vegetables for adults and children. Discusses the benefits and versatility of fruits and vegetables. Contains recipes and hands-on activities.

**Celebrate the seasons: a "love your neighbor" gardening book**
Linda Hunt, Marianne Frase, and Doris Liebert
163 p.
Scottdale, PA: Herald Press, 1983.
**CALL NO**: jSB457.H86
**Summary**: Many beautiful drawings in color illustrate this guide to gardening for children. Most of the hand-lettered book is divided into 4 sections, one for each of the 4 seasons. For the 3 warmer seasons, what and when to plant, how to plant them, and how to take care of growing plants are discussed. Recipes for the crops harvested are also included. The section on winter suggests using the season to create gifts from the garden, whole the garden uses the time for rest and renewal. Instructions are included for making a variety of presents.

**Chuckle Berry climbs the food pyramid**
Laurie Manahan
60 p., 1 puppet and 1 duplicating master
Walla Walla, WA: Yummy Designs, c1993.
**CALL NO**: TX361.C5C48 1993
**Summary**: Designed to teach children the fundamentals of good nutrition. Contains a puppet show script, art projects, lessons, pyramid games, activities, stories, songs, etc.

**Come cook with me! A cookbook for kids**
Carolyn Coats and Pamela Smith
120 p.
Orlando, FL: Carolyn Coats' Bestsellers, 1989
**CALL NO**: jTX652.5.C62
**Summary**: This cookbook provides recipes that are fun, easy, nutritious, and intended to be used with kids. The authors hope to initiate a creative sharing and learning experience between children and their family and friends through cooking. After providing some thoughts on kitchen safety, recipes for breakfasts, lunches, snacks, salads, dinners and desserts are presented.

**Cup cooking starter set: single step charts for child portion recipes**
Barbara Johnson
22 activity cards + 1 teacher's guide
**CALL NO**: Graphic no. 285
**Summary**: Provides opportunities for the development of positive self concept, language development, and teaching foundation skills in math, reading, science, safety, health, and nutrition.

**Digging for data**
Education Dept., National Live Stock and Meat Board on behalf of the Beef Board
1 videocassette (VHS) (22 min.) + 1 science video kit
Chicago, IL: The Department, c1990.
**CALL NO**: Videocassette no. 1598
**Summary**: Demonstrates the importance of the process of scientific inquiry by following two students who research the effects of genetics on diet and height. Emphasizes the processes and underlying principles of science rather than scientific facts.

**Digestion journey**
Susan Lombard, Dee Knabb, and Barbara Morningstar
21 leaves + 3 computer disks
Tallahassee, FL: Florida NET Program, Florida Dept. of Education, 1987.
**CALL NO**: TX364.L66 1987
**Summary**: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit teaches the digestive process.

**Early childhood nutrition program**
Division of Nutritional Sciences, a Division of the New York State College of Human Ecology and the New York State College of Agriculture and Life Sciences Statutory Colleges of the State University.
1 handbook, guide, and 14 activity masters
**CALL NO**: Kit no. 134
**Summary**: Kit teaches preschool children the importance of good nutrition for optimal development and functioning. It encourages children to try a variety of foods, to be aware of unhealthy foods, and recognize the negative effects of consuming too much sugar.

**Eat, think, and be healthy! creative nutrition activities for children**
Paula Klevan Zeller and Michael F. Jacobson
Washington, DC: Center for Science in the Public Interest, 1987.
**CALL NO**: TX364.Z4
**Summary**: This nutrition book for children presents a discussion of how to choose foods for health by teaching them the following: what they eat may effect how they grow, feel, and behave; how to select, prepare, and savor foods beneficial to their survival and health; how to create healthful quick breakfasts, lunches, and snacks; what are the basic food groups and nutrients contained in foods; and how to examine the food available in their homes, schools, in neighborhood fast food restaurants, and in supermarkets. "Take-home tips" and "cook it together" activities which involve parents in their children's education process, resource information, recipes, and illustrations are included.

**Family daycare exchange: caring for school-agers**
Dorothy Bensohn and Barb Abbott
Ames, IA: Iowa State University, c1988.
**CALL NO**: HQ778.6.L34.
**Summary**: This information booklet provides activities for 5-10 year olds in daycare. It takes into consideration the needs of this age group while continuing to care for younger children.

**Food and digestion**
Steve Parker
48 p.
London, NY: F. Watts, 1990.
**CALL NO**: jQP145.P17
**Summary**: An introduction to the digestive system, discussing each stage of digestion, the organs which aid in the digestive process, and the assimilation of nutrients into the body's structure.

**Food and technology**
24 activity cards, 9 cards, worksheets, 2 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 57
**Summary**: This unit of nutrition education learning activities is intended to used with grade 5. In this unit students compare foods eaten at three time periods in the past with food eaten today and explore the key role technology plays in expanding the number of foods available to consumers. Students learn about the nutrient profiles of various foods and use their understanding of technology and nutrients to generate solutions to futuristic food problems.

**Food decisions**
24 activity cards, 6 posters, worksheets, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 55
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 6. In this unit, students look at many factors that affect personal food choices and are introduced to the U.S. RDA as they read nutrition labels and use this information to select foods. The students also learn about the concept of calories and how to use the 4-2-4-4 guideline and variety to meet their bodies' nutrient needs.

**Food gives me energy**
40 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 53
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 2. In this unit, students learn that all foods give them energy and that their bodies need energy to move. The students also learn
that food from plants and animals are classified into four food groups and that these foods go through many steps to get from the farm to the home. Instructional aids with this unit include worksheets, food picture cards, food production sequence cards, and posters.

**Food helps me grow**
24 picture cards, 2 posters, 1 paperback book, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 54
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 1. In this unit, students learn some specific concepts about the relationship between food and growth. They also examine how certain foods have helped their teeth grow and stay healthy. Students also learn to categorize foods according to their source (plant or animal) and to classify foods by their taste (salty, sweet, or tart). Food safety is taught by preparing a snack in the classroom.

**Food in America**
48 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 56
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 4. In this unit, students compare foods eaten by Native Americans in the past with foods grown in America today. The students also learn the concept of nutrients are associated with, and why those nutrients are important for health. Included are worksheets, food picture cards and posters.

**Food keeps me healthy**
48 picture cards, 4 posters, and 1 teacher's guide
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Kit no. 58
**Summary**: This unit of nutrition education learning activities is intended to be used with grade 3. In this unit, students explore what it means to be healthy and go on to learn that each food group is important in their diet to maintain good health. Students are introduced to the concept of combination foods and perform a play that synthesizes the four food group concept. Instructional aids with this unit include worksheets, food picture cards, and posters.

**The food pyramid: learning activities**
Grace Falciglia, Lauren Niemes, and Philippa Norton
4 activity booklets, 2 pamphlets, 1 resource list, 2 information sheets, and 1 evaluation sheet
Columbus, OH: Ohio NET Program, c1993?
**CALL NO**: Kit no. 214
**Summary**: The learning activities in this packet are designed to encourage children to select foods they enjoy from each of the five major food groups in the Food Guide Pyramid every day to provide the nutrition they need for good health, without too much fat, sugar or salt.

**Food skills for today's young consumer: learning activities**
Grace Falciglia, Lauren Niemes, and Philippa Norton
5 booklets, 1 wall chart, 1 pamphlet, and 1 information sheet
Columbus, OH: Ohio NET Program, c1993?
**CALL NO**: Kit no. 211
**Summary**: Promotes the development of skills for selecting, purchasing, and preparing foods according to recommendations of the Dietary Guidelines for Americans and the Food Guide Pyramid. Classroom activities are designed to increase children's awareness of techniques for making good food choices and to encourage them to consider environmental issues.

**Food tasting party manual for managers**
Barbara Parnell, Archdioceses of New Orleans, NET Program
15 p.
Baton Rouge, LA: State Dept. of Education, Bureau of Food and Nutrition, 1987.
**CALL NO**: TX364.P3
**Summary**: Tasting parties in the schools can be an excellent way for students to apply nutrition knowledge they have learned and to be introduced to new foods. To assist classroom teachers in coordinating tasting parties, this manual sets forth guidelines to consider, particulars of planning and conducting tasting parties, and specific foods for menu planning. Each menu item considered includes preparation instructions, serving arrangement, and purchasing information. General food purchasing and accountability information is included.

**Getting it together preparation, preservation and pH**
JoAnn Harrison-McCloud
27 p.
Athens, GA: Coop. Extension Service, U. of GA, College of Agriculture, 1987.
**CALL NO**: jTX652.5.H3
**Summary**: This is a food preparation and preservation manual for 4-H'ers at the junior high level. The manual is divided into two sections: preparation (cooking), and preservation safety and storage. In the first section, food preparation is divided into two categories of cooking: dry heat, and moist heat. Also covered is the purpose of specific ingredients in the cooking process. Activities include cooking different food items at varying lengths of time and methods to demonstrate why and how these foods react in different manners under different conditions. In the preservation safety and storage section much emphasis is given to problems arising in canning, freezing and drying. A great deal of emphasis is given to killing harmful bacteria and proper techniques to insure safe food products. Most activities involve canning fresh fruit and vegetables. One activity outlined is making dried fruit leathers and roll-ups. Citizenship activities for the project are also outlined.

**Getting to know your heart: lower elementary**
1 videocassette, 2 sound cassettes, 2 stethoscopes, 2 packages activity cards, 1 alcohol prep package, 1 set rubber tubing, 1 package car signs, 3 module folders, 1 teacher's guide, 1 background guide.
Dallas, TX: American Heart Association, c1988.
**CALL NO**: Kit no. 202
**Summary**: Helps students learn the basics of heart-healthy living.

**Getting to know your heart: upper elementary**
1 videocassette (VHS), 1 sound cassette, 1 magnifying glass, 2 siphons, 1 health choices game, 4 module folders, 1 teacher's guide, 1 background guide, 1 package red food coloring.
Dallas, TX: American Heart Association, c1988.
**CALL NO**: Kit no. 201
**Summary**: Guides students towards making heart-healthy decisions.

**The green thumb garden gang**
Susan Lombard, Barbara Morningstar, and Dee Knabb
70 leaves + 2 computer disks
Tallahassee, FL: Florida NET Program, Florida Department of Education, 1987.
**CALL NO**: TX364.L6 1987
**Summary**: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 1 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying vegetables through verbal clues; learning foods which originate from poultry, pork, and beef; identifying plant parts (roots, stems, leaves, fruits and seeds) and their functions; and, learn the functions and sources of vitamin C.

**The heart treasure chest**
1 videocassette, 1 sound cassette, 2 posters, 1 wall chart, 1 stethoscope, 1 syringe with plastig tubing, 1 game, 1 package alcohol preps, 24 activity cards, 1 curriculum guide, 5 heart notes newsletters (20 ea.), 20 certificates, 1 set duplicating masters, 1 booklet.
Dallas, TX: American Heart Association, c1984.
**CALL NO**: Kit no. 204
**Summary**: A program for preschool and kindergarten children focusing on the heart, how it works, how to tell if it is healthy, and how to care for it through proper diet, physical activity and rest.

**Kids can cook: recipes kitchen-tested by kids for kids**
Dorothy R. Bates
119 p.
Summertown, TN: Book Pub. Co., 1987.
**CALL NO**: jTX837.B33
**Summary**: This cookbook presents a valuable collection of vegetarian recipes kitchen-tested by kids for kids. Intended to be used by kids, the clear instructions will be beneficial for any cook learning to prepare these food items. Menu ideas for balanced family meals, kitchen safety rules, helpful cooking knits, and illustrations of procedures, equipment, and tools are included. Recipes are provided for: breads, soups, main dishes, salads and dressings, desserts, and party foods.

**Kids cooking week: February 7-11, 1994**
Sacramento, CA: California Department of Education, Child Nutrition and Food Distribution, c1994.
**CALL NO**: Kit no. 210
**Summary**: "Kids cooking week" was a campaign to promote tasty, healthful food served in a family environment to elementary students in California. Its goals were to help students experience the positive social, psychological, and nutritional value of eating together with family and friends, and to help them share in the responsibility for family meals by teaching them basic food preparation skills. This campaign packet includes materials to support classroom and cafeteria activities.

**The land of nutrition**
Susan Lombard, Dee Knabb, and Barbara Morningstar
75 leaves + 1 computer disk
Tallahassee, FL: Florida NET Program, Florida Department of Education, 1987.
**CALL NO**: TX364.L62
**Summary**: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 2 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives include: identifying sources of vitamin C; developing oral language skills by telling a story; identifying sources of calcium and iron; recognizing and naming the four food groups and foods in each group; and, learning about proper tooth care.

**Nikoniko kabocha**
Anno's faces: Mitsumasa Anno
24 p.
New York, NY: Philomel Books, 1989.
**CALL NO**: jSB357.2.A5613
**Summary**: Depicts familiar fruits and vegetables, including the strawberry, orange, watermelon, and green pea. Moving see-through plastic cards over the illustrations causes each fruit and vegetable to smile and frown.

**Nutra-Ed's funtastic recipes**
Lynda M. Roberson
198 p.
Independence, MO: Community Services League, 1988.
**CALL NO**: jTX652.5.R62 1988
**Summary**: This children's cookbook is for use by either parents or teachers in teaching children healthful eating habits and interest in choosing healthful foods.

**Nutrition education activities for teaching about . . .**
Bismarck, ND: Food and Nutrition Department, North Dakota State University, College of Home Economics, 1987.
**CALL NO**: TX364.T41
**Summary**: These 10 nutrition education activity sets were developed for the primary, intermediate and junior high levels and designed to supplement the teacher inservice modules "Teaching nutrition." Each activity set corresponds to the nutrition topic covered in one module of the "Teaching nutrition" set. The activity sets provide hands-on classroom materials for teaching nutrition and every set has selected concepts and objectives for the nutrition topic it covers.

**Nutrition smart!: ready-to-use lessons and worksheets for the primary grades**
Robin S. Bagby and Shirley Woika
75 duplicating masters
West Nyack, NY: Center for Applied Research in Education, c1991.
**CALL NO**: QP143 B34 1991
**Summary**: Lessons and activities will help teach students (K-3) how to make healthy food choices. Activities include puzzles, word games, and cut-and-paste.

**Once upon a recipe delicious, healthy foods for kids of all ages**
Karen Greene
96 p.
New Hope, PA: New Hope Press, 1987.
**CALL NO**: jTX652.5.G72
**Summary**: Each colorful page of this enchanting cookbook is designed to stir a different dream. This cookbook contains delicious, healthy food suggestions that children of all ages will enjoy. More than 50 quick, easy to prepare recipes are presented in addition to helpful hints on healthy eating and excerpts from classic children's books.

**Recipes for kids**
Virginia V. Renoudet
68 p.
United States Air Force Commissary Service, 1990.
**CALL NO**: TX715.R42
**Summary**: This book provides recipes and sample menus for parents and kids to prepare together to promote nutrition and good eating habits. Basic nutrition concepts are described and tips for healthy eating habits are reviewed. Topics include: nutrition for children and teens, healthy snacks, eating habits, making mealtime fun, keeping teeth healthy, constipation, and supplements.

**Smile saving snacks**
Tri-County Health Department with illustrations by Judy Wagner
22 p.
Englewood, CO: Tri-County Health Department, 1989.
**CALL NO**: TX740.G47
**Summary**: This book is designed for elementary students with assistance from parents or teachers for helping children learn important basics of nutrition and dental care in six lessons with numerous recipes. Included is a curriculum guide that provides objectives and direction.

**Snacks for little chefs: seasonal snack activities for preschoolers**
Robin Holz Searles
1 flip chart (38 sheets)
Des Moines, IA: Nutrition Education and Training Program, Bureau of Food and Nutrition, Iowa Department of Education, c1993.
**CALL NO**: Graphic no. 303
**Summary**: The food activities in this collection are intended to increase preschoolers' food preparation confidence; allow each child to make and eat his own food creation; increase children's exposure to a variety of nutritious foods; provide fun, seasonal food experiences; and encourage children to try new foods.

**The SPIN cookbook - a collection of heart healthy, low fat, and low cholesterol recipes**
Gladstone Foundation Laboratories for Cardiovascular Disease
190 p.
San Francisco, CA: Gladstone Foundation Laboratories for Cardiovascular Disease, University of California, 1989.
**CALL NO**: RM237.7.S65
**Summary**: This cookbook has been developed as an adjunct to SPIN (Special Program in Nutrition) which is an elementary school nutrition education curriculum. The variety of "heart healthy" recipes included in the book will facilitate the transition to an eating pattern that is lower in fat and cholesterol.

**Starpower**
1 videocassette (VHS), 1 pamphlet, 5 identical posters, and 1 teaching guide (discussion questions, tips, activities, and duplicating masters)
Washington, DC: Sugar Association, c1992.
**CALL NO**: Kit no. 156
**Summary:** Nutrition and fitness education package for youth ages 9-14 and adult caregivers. Provides information needed to make day-to-day choices contributing to a healthy lifestyle.

**The Super 7**
9 posters + 1 set of sample activities
Harrisburg, PA: Child Nutrition Programs, Pennsylvania Dept. of Education, c1993.
**CALL NO**: Graphic no. 291
**Summary**: Designed to reinforce nutrition education provided in the classroom.

**Vegetable magic: a preschool and kindergarten nutrition education source book**
Michele Palmer
40 p.
Storrs, CT: Connecticut Nutrition Education and Training Program, Department of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, c1993
**CALL NO**: TX401.P25 1993
**Summary**: Suggests ways to help children develop the habit of eating vegetables every day. Included are instructions for growing vegetables; names of places to visit that grow, sell and prepare vegetables; vegetable games that stimulate imagination and learning; easy ways to prepare and enjoy vegetables; and stories to read that highlight vegetables. Nutrition tips, safety tips, and nursery rhymes supplement the activity ideas.

## Story Books

**The adventures of superbean and the good food friends**
Laurie Manahan
16 p.
Portland, OR: Yummy Designs, 1988.
**CALL NO**: jTX364.M32
**Summary**: This booklet tells the story of Superbean and his good food friends as they confront Jelly Bean Joker and his Junk Food Gang. The story is intended to encourage children to eat healthy food while discouraging the consumption of jelly beans and other junk food such as donuts, bubble gum, chocolate, potato chips, and soda pop.

**Alphabet soup**
Abbie Zabar
32 p.
New York, NY: Stewart, Tabori & Chang, Inc., c1990.
**CALL NO**: jTX355.Z33
**Summary**: A playful A to Z illustrated book using food stories from around the world for the alphabet letters to introduce international foods to children and parents.

**The bread that grew**
Roberta L. Duyff
30 p.
St. Louis, MO: Milliken Pub. Co., 1987.
**CALL NO**: jPZ7.D95
**Summary**: This juvenile book tells the story of the bread that the "Baker's Bunch" baked. A vocabulary list and a recipe for baking bread are included. The recipe is an easy-mixing method which also allows for slow rising in the refrigerator. Children may prepare the dough one day, then bake the next.

**Curious George and the pizza**
H.A. Rey
1 sound cassette + 1 book
Boston: Houghton Mufflin, c1988.
**CALL NO**: Audiocassette no. 260
**Summary**: Curious George creates havoc in a pizza shop but redeems himself by making an unusual delivery.

**Fat, fat Rose Marie**
Lisa Passen
32 p.
New York: Holt, c1991.
**CALL NO**: jPZ7 P26937 Fat 1991
**Summary**: A little girl must stand up to the class bully who keeps picking on her overweight friend.

**Grilled cheese at four o'clock in the morning**
Judy Miller; illustrated by Jeanne Turner
90 p.
Alexandria, VA: American Diabetes Association, 1988.
**CALL NO**: jRC660.5.M5
**Summary**: Even with soccer and school starting, and Halloween coming up, sixth-grader Scott feels that diabetes is ruining his life.

**Growing vegetable soup**
Lois Ehlert
32 p.
San Diego: Harcourt Brace Jovanovich, 1987.
**CALL NO**: jPZ7.E55
**Summary**: This colorful juvenile work relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. Recipes for vegetable soup are included on the dustjacket.

**Munchsters talk about food: preschool nutrition program**
Education Department, National Live Stock and Meat Board, c1991.
6 posters, 8 duplication masters, and 1 evaluation form
**CALL NO**: Kit no. 118
**Summary**: Through the use of fantasy creatures called the Munchsters, this kit presents opportunities for developing the language skills of young children by introducing them to new foods and developing good food habits. For use with groups of 6-10 children in 20-minute lessons.

**My cooking pot**
Joanne Barkan; illustrated by Jody Wheeler
9 p.
New York: Warner Books, 1989.
**CALL NO**: jTX657.C74B33
**Summary**: This pot-shaped book tells a story to illustrate different types of cooking pots and how they are used. Recommended for ages 2 and up.

**My cooking spoon**
Joanne Barkan
9 p.
New York: Warner Books, 1989.
**CALL NO**: jTX657.C74B36
**Summary**: Describes different types of cooking spoons and illustrates how they are used by telling a story of a child learning to cook use spoons.

**My measuring cup**
Joanne Barkan; illustrated by Jody Wheeler
9 p.
New York: Warner Books, 1989.
**CALL NO**: jTX657.C74B35
**Summary**: Illustrates the different types of measuring utensils and how they are used in cooking. Recommended for ages 2 and up.

**My rolling pin**
Joanne Barkan
9 p.
New York: Warner Books, 1989.
**CALL NO**: jTX657.C74B34
**Summary**: Describes the different types of rolling pins and illustrates how they are used in cooking by telling a story of child learning how to cook.

**My spatula**
Joanne Barkan; illustrated by Jody Wheeler
9 p.
New York: Warner Books, 1989.
**CALL NO**: jTX657.C74B3
**Summary**: The spatula-shaped books tells a story to illustrate how spatulas are used in cooking and what are the different types of spatulas. Recommended for ages 2 and up.

**Nutri-kids visit goodeater farm, Expanded Food and Nutrition Education Program (EFNEP)**
Bonnie A. Lorenz, Michael H. Holroyd, and Margaret Lewis
2 vol.
Corvallis: Oregon State University, Extension Service, 1990.
**CALL NO**: TX361.C5L6
**Summary**: The purpose of the publication is to help five-and six-year-olds learn about food and nutrition. It has been tested for age-appropriate reading level with the Fry Readability Scale and the USDA guidelines: writing for adults with limited reading skills.

**Nutri-kids visit the zoo teacher guide, Expanded Food and Nutrition Education Program (EFNEP)**
Bonnie A. Lorenz, Michael H. Holroyd, and Margaret Lewis
29 p.
Corvallis: Oregon State University, Extension Service, 1990.
**CALL NO**: TX361.C5L67
**Summary**: This teacher's guide is designed to help first graders learn about basic nutrition and a variety of foods. The guide has been tested for age-appropriate reading with the Fry Readability Scale and the USDA guidelines Writing for Adults with Limited Reading Skills.

**Red riding hood and the well-fed wolf**
Robert Churchill, Nomi Roth Elbertr, Dan Jackson, and Jamie Simons
1 videocassette (VHS) (15 min.)
Los Angeles, CA: Churchill Films, 1990.
**CALL NO**: Videocassette no. 881
**Summary**: The video presents the traditional Little Red Riding Hood story with a twist. Here's the ugly wolf, all dressed up in Grandma's clothes and looking forward to a dinner of succulent Red Riding Hood; however, she and her walking, talking foods have a different idea of what constitutes a good meal. Designed for the ages of 8 through 12, it's a fun romp into the world of nutrition via a familiar children's fairy tale.

**Smiles for smiles**
Roberta L. Duyff
30 p.
St. Louis, MO: Milliken Pub. Co., 1989.
**CALL NO**: jPZ7.D958 Sm
**Summary**: In this children's book, Smiles helps his grumpy friends learn good eating habits through fun, easy activities. The text includes a vocabulary list.

**Song of the seven herbs**
Walking Night Bear; illustrated by Stan Padilla
58 p.
Summertown, TN: Book Pub. Co., 1987.
**CALL NO**: jE98.F6W25
**Summary**: This book contains seven stories inspired by Native American tradition about the origin and powers of herbs.

**This is the bread I baked for Ned**
Crescent Dragonwagon; illustrated by Isadore Seltzer
32 p.
New York: Macmillan, 1989.
**CALL NO**: jPZ8.3.D77
**Summary**: In this children's book, Glenda bakes bread for Ned. When Ned gets home, he brings many friends. They eat, enjoying the bread with their meal. Text is rhyming and illustrations colorful.

# Audiovisuals

**American foods of the South set**
Life/form replicas
10 models: plastic
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 6
**Contents**: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.
**Summary**: This package of food models contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. These models are useful for teaching a unit on ethnic foods.

**Be a food groupie-- and care about healthy eating!**
3 videocassettes, 1 sound cassette, 5 plush representations of food characters, 1 hanging mobile, 1 mobile assembly instructions, 1 storybook, 1 poster, 30 identical sticker cards, 60 parent letters, and 1 teacher's guide
Mt. Prospect, IL: Food Groupie, Inc., c1991-1992.
**CALL NO**: Kit no. 141
**Summary**: Centers around 5 characters: Orange, Broccoli, Bread, Milk, and Peanut Food Groupie. Each character represents one of 5 food groups as established by USDA. The characters explain where the foods they represent come from and how each food group help children stay healthy. Children are advised to eat a variety of foods from all the food groups.

**Beans, peas & broccoli trees: implementing the Dietary Guidelines in child care programs**
Production West
Presented by Montana Child Nutrition Program Child & Adult Care Food Program (CACFP), Family/Maternal & Child Health Bureau, Dept. of Health & Environmental Sciences.
1 videocassette (VHS) (50 min.), 1 leader's guide, 1 set of participant handouts, 1 booklet, and 1 poster
Billings, MT: Production West, c1993.
**CALL NO**: Videocassette no. 1602
**Summary**: This video program deals with the nutritional needs of healthy children 2-12. It introduces the USDA Dietary Guidelines, discusses the benefits of those guidelines, and provides quick, easy tips on food purchasing and preparation for use in child care programs.

**Blubber busters: calories you can feel**
Waco, TX: Health Edco, Inc., 1989.
**CALL NO**: Model no. 11
**Contents**: Candy bar, section of chocolate bar, lollipop, brownie, 2 cookies, snack cake, apple pie, iced donut, ice cream cone, bon-bon, chocolate kiss, 4 chocolates, biolike artificial fat; in case.
**Summary**: These "food for thought" snacks are made from bio-like artificial fat, and are sized so that 1 oz. of fat represents 220 calories of real food. Eating 35000 more calories than are used up by normal metabolism and exercise will produce approximately 1 lb. of new body fat. As an example, 1 extra 200 calorie candy bar every day equals 21 lbs. of fat gain per year. Feel before you eat. These models are intended to motivate clients to change their eating habits in order to lose weight.

**Bread, bread, bread**
Ann Morris; photography by Ken Heyman
28 p.
New York: Lothrop, Lee & Shepard Books, 1989.
**CALL NO**: jTX769.M67
**Summary**: This book of photographs for juvenile audiences depicts the different varieties of bread that people eat around the world.

**Children's nutrition**
21 life form food replicas
Fort Atkinson, WI: NASCO, c1992.
**CALL NO**: Model no. 19
**Summary**: For use with children in nutrition education. Food portions are sized for children.

**Children's nutrition kit**
20 life form food replicas
Fort Atkinson, WI: NASCO, c1992.
**CALL NO**: Model no. 18
**Summary**: For use with children in nutrition education. Food portions are sized for children.

**Chuckles y los antojitos grandes (Chuckles and the Super Snacks)**
1 videocassette (VHS) (7 min.)
Texas WIC Program, Nutrition Education, Outreach & Training Division
**CALL NO**: Videocassette no. 1472
**Summary**: Chuckles, the clown, learns about healthy snack foods that give energy and promote growth.

**The Crunchy Critter club**
Georgia Public Telecommunications Commission for the Georgia Department of Education
2 videocassettes (VHS) (179 min.), teacher's guide, and guidebook
Atlanta, GA: Georgia Nutrition Education & Training, Georgia Department of Education, c1989-1991.
**CALL NO**: Videocassette no. 460
**Summary**: The nutrition education goals of these videos for early childhood programs include: to develop a positive attitude about trying new foods; to identify a wide variety of foods and their important relationship to health; to participate in cooking activities which enhance physical and social development; reinforce curricular content area; follow sanitation and safety principles; and to make eating an enjoyable experience.

**Digestion food to energy**
Dan Bessie; edited by Helen Garvy
1 videocassette (VHS) (17 min.) + 1 guide
Irwindale, CA: Barr Films, 1989.
**CALL NO**: Videocassette no. 1020
**Summary**: Video traces how food is digested into nutrients that are absorbed by the human body to keep it healthy, discusses the key digestive organs and their functions, and presents some advice on proper nutrition and disease prevention.

**Fast food: what's in it for you?**
Center for Science in the Public Interest and Churchill Films
1 videocassette (VHS) (16 min., 30 sec.) + discussion guide
Los Angeles, CA: Churchill Films, c1988.
**CALL NO**: Videocassette no. 1412
**Summary**: A humorous story reveals high fat, sugar, and caloric levels in fast foods, why they pose a serious problem for young people, and how to select better fast foods and a more healthful diet overall.

**Five pound body muscle replica**
1 model: plastic
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 2
**Summary**: This five pound body muscle replica is a model of human body muscle. Designed to show the muscle configuration developed through exercise, this graphic may be used to motivate patients to exercise regularly.

**Food from farm to city**
Hans Halberstadt and Vera Williams
1 videocassette (VHS) (13 min.), 1 teacher's guide, and 1 advertising flyer
Irwindale, CA: Barr Films, 1987.
**CALL NO**: Videocassette no. 980
**Summary**: Video shows the path that food takes as it moves from farmlands to the dinner table. Focuses on a few commodities such as milk, showing their complete production and distribution processes. Shows how city and suburban dwellers depend upon farmers for the food products they buy in the supermarkets. Designed for kindergarten through junior high grades.

**Food replica package no. 1**
Life/form replicas.
36 models: plastic
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 3
**Contents**: Meat: seafood, poultry, pork chop, hamburger, haddock, fried egg, hard-cooked egg, chicken leg, chicken thigh, chicken breast. Vegetables: broccoli, carrot sticks, frozen peas, baked potato, sweet potato, tomato juice, salad. Grains: bread, hamburger bun, cornflakes, rice. Fruit: half banana, half grapefruit, orange juice, orange, canned peaches, whole peaches, raisins, strawberries. Desserts: angel food cake, jell-o, chocolate pudding. Dairy products: butter, cottage cheese, swiss cheese, skim milk. Miscellaneous: dressing, peanut butter.
**Summary**: This package of realistic food models includes a wide variety of food items useful in a nutrition education program.

**Food replica package no. 2**
Life/form replicas.
30 models: plastic
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 4
**Contents**: Meat, seafood, poultry: bacon strips (2), ham, beef patty, liver, bologna, wiener, tuna, steak. Sandwiches, soup, casseroles: chili, bread and peanut butter, vegetable soup, spaghetti. Vegetables: asparagus, baked beans, green beans, beets, mashed potatoes, whole kernel corn, tomato juice. Grains: graham crackers, soda crackers, cream of wheat. Desserts: sheet cake with icing, sheet cake without icing, apple pie, ice cream. Dairy products: cheddar cheese, American cheese. Miscellaneous: ripe olives.
**Summary**: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

**Food replica package no. 3**
Life/form replicas.
26 models: plastic
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 5
**Contents**: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp . Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, cole slaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.
**Summary**: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

**For goodness sake!**
Susan Laughlin, Amy Block Joy, and Ruth Fermes
1 videocassette (VHS) (20 min.)
Berkeley, CA: University of California, Cooperative Extension, c1987.
**CALL NO**: Videocassette no. 1275
**Summary**: Presents healthy alternatives to meat, use of non-fat dry milk to enhance the nutrient value of many meals, many uses of rice, and of broccoli.

**Get ready, get set, grow**
Brooklyn Botanic Garden
1 videocassette (VHS) (15 min.) + 2 paperback books
Brooklyn, NY: The Garden; Oley, PA: Bullfrog Films, 1986.
**CALL NO**: Videocassette no. 167 F&N
**Summary**: Kids, vegetables, insects, flowers and harvest festivals appear together in this videocassette created as a kid's guide to good gardening. From planting to harvesting, radishes, sunflowers, tomatoes and other plant life are depicted from seedling to mature plant in order to explain rooting, weed growth, plant thinning and other important gardening concepts. A guide for kids to help with year-round gardening, and a manual of ideas for parents and teachers for involving children in gardening accompany the video.

**Guide to good eating: a recommended daily pattern**
Guia para comer bien : un modelo diario recomendado
2 wall charts
Rosemont, IL: National Dairy Council, 1987.
**CALL NO**: Graphic no. 110 F&N 1987
**Summary**: Colorfully shown, the food groups are represented in commonly eaten foods on this wall-sized poster. On the reverse side, major nutrients for health are listed in a recommended daily eating pattern from the food groups.

**Healthy foods for healthy kids**
Ronda Harrison Criss
1 videocassette (VHS) (7 min., 30 sec.)
Austin, TX: WIC Program, c1990.
**CALL NO**: Videocassette no. 1522
**Summary**: Reviews guidelines for feeding small children (1-5 years old) a diet that taste good and is nutritious. Discusses nutrients found in each of the food groups, what constitutes a serving, how often children should eat, rules for eating and exercise, and causes and prevention of baby bottle tooth decay.

**The heart a mighty pump**
Marshfilm Enterprises, Inc.
1 videocassette (VHS) (8 min.) + 1 teaching guide
Shawnee Mission, KS: Marshmedia, 1988.
**CALL NO**: Videocassette no. 734
**Summary**: The narrator and the children follow a red blood cell on its journey through the four chambers of the heart and the circulatory system.

**Herschel the rabbit**
1 videocassette (VHS) (7 min.)
San Antonio, TX: Collie Craft, Inc. c1992.
**CALL NO**: Videocassette no. 1785
**Summary**: Stresses the importance of including vegetables in one's daily diet to provide the body with energy and to help the body grow.

**High fiber food package**
Life/form replicas.
28 models: plastic
Ft. Atkinson, WI: NASCO, 1990
**CALL NO**: Model no. 9
**Contents**: Prunes, strawberries, orange, apple, cole slaw, carrot sticks, whole tomato, broccoli, oatmeal, brown rice, bran muffin, popcorn, chili with beans, kidney beans, canned peach halves, orange juice, applesauce, cooked carrots, tomato juice, cornflakes, white rice, and hard roll.
**Summary**: This food model package focuses on increasing fiber in the diet. Both high fiber and low fiber food replicas are provided for demonstrating how changing food selections can increase fiber content of the diet. A Typical American eats 10 to 12 grams of fiber a day compared to the recommended daily intake of 25 to 35 grams.

**Hip to be fit - a production of California Raisins**
1 videocassette (VHS) (18 min.)
CA: Wright Group, Inc., c1993
**CALL NO**: Videocassette no. 1765
**Summary**: Through music and fast-paced action, Kristi and her friends, the California Raisins, show kids that a healthy, well-balanced diet and plenty of exercise can help make them champions in the classroom and on the playground.

**How much fat?**
Sharon E. Buhr
Valley City, ND: Young People's Healthy Heart Program, 1989.
**CALL NO**: Model no. 15
**Summary**: This is an educational set that provides 10 test tubes containing the amount of fat found in various foods. It explains about fat and possible risk of heart disease.

**How much salt?**
Sharon E. Buhr
Valley City, ND: Young People's Healthy Heart Program, 1989.
**CALL NO**: Model no. 14
**Summary**: This is an educational set that provides 12 test tubes containing the amount of salt needed by the body and the amount found in various foods. It explains about sodium and hypertension.

**inservice N.E.T. education program: Guide to nutrition education for the elementary teacher**
1 videocassette (VHS) (60 min.)
Tallahasse, FL: The Florida NET Program, 1987.
**CALL NO**: Videocassette no. 442
**Summary**: This video explains the contents of the rewritten version of the K-6 nutrition education curriculum guide entitled Florida nutrition education: a basic skills approach. The current title of the curriculum guide is A guide to nutrition education for the elementary teacher. The seven titles in this curriculum guide are: Munch a bunch food fair, The green thumb garden gang, The land of nutrition, Mission energy, Digestion journey, A nutrient dig, and Camp calorie. These items include Apple computer software for use by the students.

**Janey Junkfood's fresh adventure**
Harvard Community Health Plan Foundation
1 videocassette (VHS) (30 min.) + activity guide
Jamaica Plain, MA: FOODPLAY, c1992.
**CALL NO**: Videocassette no. 1414
**Summary**: Teaches children, through juggling and rap music, how to balance their diet. Children learn how through TV commercials, read labels, and choose healthier snacks at home, school, and on the run.

**Jealousy among the fruits**
Celine Malone
St. Thomas, VI: Virgin Islands Nutrition Education and Training Program, Virgin Islands Dept. of Education, Child and Nutrition Programs, c1991.
**CALL NO**: LB1587.N8M34 1991
**Summary**: This short 3-act skit encourages healthy eating habits for children in grades 1-3.

**Kellogg's fit to be**
1 videocassette (VHS) (15 min.), 1 teacher's guide, 3 sheets of stickers, and 1 poster
Battle Creek, MI: Kellogg Co., 1989.
**CALL NO**: Videocassette no. 620
**Summary**: This videocassette tells the story of nine-year old Michael who improved his physical fitness by eating more nutritionally and exercising daily. Instead of junk food, he began to eat a balanced diet including fruit. Michael also began to exercise with his friends.

**Kids are cooks**
John Phillips
1 videocassette (VHS) (25 min., 45 sec.)
Little Rock, AR: Kids Are Cooks Productions, c1992.
**CALL NO**: Videocassette no. 1587
**Summary**: Shows children making several basic recipes with adult supervision. Program teaches basic nutrition with the help of a puppet.

**Kids' kitchen**
Barbara Storper
1 videocassette (VHS) (45 min.) + activity guide/cookbook
Jamaica Plain, MA: FOODPLAY, c1992.
**CALL NO**: Videocassette no. 1432
**Summary**: Contain five units offering a range of creative food activities that children can do with adults. Features 4 kid hosts and puppets.

**Lunch Louisiana style**
Louisiana Public Broadcasting
1 videocassette (VHS) (26 min., 13 sec.), 1 teacher's guide, and 1 recipe booklet
Baton Rouge, LA: Louisiana Department of Education, c1993.
**CALL NO**: Videocassette no. 1568
**Summary**: Discusses the various nationalities found in Louisiana, their origins, and the foods they contributed to Louisiana's cuisine. Chef Folse prepares a lunch consisting of ingredients brought by young guests, each of whom represents a different culture (e.g. French, Cajun, Spanish, African, etc.).

**Mexican-American ethnic food set**
Life/form replicas.
12 models: plastic + 1 booklet
Ft. Atkinson, WI: NASCO.
**CALL NO**: Model no. 7
**Contents**: Hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, and crisp taco.
**Summary**: This package of food models contains 13 models of Mexican-American foods. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. Useful for teaching a unit on ethnic foods.

**Mommy, what's anemia?**
**Mama, que es anemia?**
Public Health Foundation, WIC Program
51 slides + sound cassette (English and Spanish)
Monterey Park, CA: The Program, c1987.
**CALL NO**: Slide no. 387
**Summary**: Addressing mothers and children, it emphasizes the importance of iron in the diet to prevent anemia and the foods that are high in iron.

**Mommy, what's anemia?**
**Mama, que es anemia?**
Public Health Foundation, WIC Program
1 videocassette (VHS) (English and Spanish)
Monterey Park, CA: The Program, c1987.
**CALL NO**: Videocassette no. 1383
**Summary**: Addressing mothers and children, it emphasizes the importance of iron in the diet to prevent anemia and the foods that are high in iron.

**Nutrition: a family affair**
Mojedh Bruss, Phyllis Nye, and Pat Cleveland
1 videocassette (22 min.), 1 guide, 1 pre-test sheet, and post-test sheet
Santa Fe, NM: Child Care Food Program, Nutrition Bureau, Public Health Division, New Mexico Health and Environment Department, 1987
**CALL NO**: Videocassette no. 656
**Summary**: This videotape discusses the importance of nutrition to children's health and growth. In this light, it suggests various possibilities for breakfast, lunch and snack foods and which types of food not to serve to children. Tips for grocery shopping with children are provided as well as the health and social educational benefits of encouraging children to select and prepare nutritious items in various situations such as celebrations, cooking or attending a movie.

**Nutrition information and misinformation**
1 videocassette (VHS) (30 min.)
University Park, PA: Audio-Visual Services, Pennsylvania State University, 1987.
**CALL NO**: Videocassette no. 348
**Summary**: This videotape is the ninth in the Nutrition in Action series designed by Penn State University. Its purposes are to identify types of nutrition information which may influence children's food choices; analyze the information according to its content, source and motives; and review visual, audio and print media as ways in which nutrition information is exhibited. Classroom activities which help students identify reliable nutrition information are shown. Advertising tactics utilized by the media to influence children's food selection are reviewed.

**Our wonderful body. How it uses food**
1 videocassette (VHS) (10 min., 20 sec.) + 2 discussion guides
Northbrook, IL: Coronet/MTI Film and Video, c1992.
**CALL NO**: Videocassette no. 1574
**Summary**: Space explorer Zork, who comes from a planet where the inhabitants do not eat, discovers why humans eat and learns about the digestive process.

**Ralphie's class presents Keep your balance**
1 videocassette (VHS) (19 min., 14 sec.) + 1 teacher's guide + 6 duplicating masters
Niles, IL: United Learning, c1993.
**CALL NO**: Videocassette no. 1763
**Summary**: Focuses on proper eating habits and the role that food plays as fuel for the human body. Discusses diets, fast food, fats, and processed foods in the balance process.

**Secrets of the food pyramid**
Kansas Wheat Commission and Kansas LEAN Food Professionals
First Generation Video Marketing
1 videocassette (VHS) (13 min., 28 sec.)
**CALL NO**: Videocassette no. 1428
**Summary**: With the help of an American farmer and a rock singer, three youngsters go on a journey to the food pyramid, where they learn how eating the right foods can help them look and fell right. Deals mainly with the base of the pyramid, bread and cereal group.

**Start smart**
Department of Child Nutrition and the Department of School Improvement Services, Illinois State Board of Education
1 videocassette (VHS)
Springfield: The Board, c1989.
**CALL NO:** Videocassette no. 1587
**Summary:** Discusses the benefits of a school breakfast program. Emphasizes the importance of a breakfast program to the learning process by providing basic nutrition to children who might not get it.

**The story of how Fred Fiddle got fit**
Esther Salis Gillett, Betty Kozlowski, and Mary Ann Klie
1 videocassette (VHS)
Columbus, OH: Ohio Department of Education, Nutrition Education and Training Program, Division of Curriculum, and Professional Development, c1992.
**CALL NO**: Videocassette no. 1418
**Summary**: Designed to teach the young child the relationship of good food choices for the development and maintenance of a healthy body, addressing these concepts within the context of family eating and activity patterns. Portrays Fred Fiddle in a wheelchair.

**TerminEater**
Maricopa County Health Services and Project Lean
1 videocassette (VHS) (16 min.) + 1 instructor's guide
Scottsdale, AZ: Dream Street Films, c1993.
**CALL NO**: Videocassette no. 1583
**Summary**: The TerminEater, a cyborg sent back from the future, teaches 11-year-old John Connor five simple ways to reduce fat in his diet without giving up his favorite foods, friends, or flavor.

**Things that make you go mmmmm**
Center for Instructional Development and Services, Florida State University
Randy McRae
1 videocassette (VHS) (7min.), sheet of instructions, and questionnaire
Tallahassee, FL: Florida NET, c1992.
**CALL NO**: Videocassette no. 1434
**Summary**: Discusses the advantages of offer vs. serve with regard to school meal programs. Some of these advantages are that choice means less waste; self-service is faster; and, when nutrition principles are applied to food choices, children can learn healthy eating habits which they can use throughout their lives.

**This is you for: you and your food**
Riverstreet Productions, Inc. for Disney Educational Productions
1 videocassette (VHS) (11 min., 49 sec.) + discussion guides
**CALL NO**: Videocassette no. 1581
**Summary**: Pinocchio, Jiminy Cricket and a "food expert" explore the world of nutrition and its importance.

**The tubes: fast foods**
Dixie Havlak
36 glass tubes containing plastic representations of fat + 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
**CALL NO**: Model no. 21
**Summary**: A visual representation of the fat content in 36 food items, including several served in popular fast food chain restaurants. Examples include a Whopper with cheese, a Kentucky Fried chicken breast, and a Wendy's baked potato, as well as Doritos chips, french fries, cheddar cheese, ice cream, etc.

**The tubes: sugar foods**
Dixie Havlak
22 glass tubes containing sugar + 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
**CALL NO**: Realia no. 5
**Summary**: A visual representation of the sugar content in 22 food items, including several brand name foods. Examples include Skippy peanut butter, Fruit & Fiber cereal, Pepsi Cola, Fruit Loops cereal, and Jello, as well as canned peaches, a candy bar, ketchup, graham crackers, syrup, sweetened iced tea, etc.

**Vegetarian diet supplement food package**
Life/form replicas.
11 models: plastic
Ft. Atkinson, WI: NASCO, 1990.
**CALL NO**: Model no. 12
**Contents**: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.
**Summary**: This package of food models is intended to supplement the vegetarian food package.

**Vegetarian food package**
Life/form replicas.
34 models: plastic
Ft. Atkinson, WI: NASCO, 1990.
**CALL NO**: Model no. 10
**Contents**: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.
**Summary**: This package of vegetarian food models illustrates how to eat a healthy lacto-ovo (dairy and eggs) vegetarian diet and a vegan (all vegetable) diet. Sufficient food replicas are provided to show a sample meal plan for each type of vegetarian diet. This package will help meat-eating Americans understand how three-quarters of the world eats a vegetarian diet.

**Your active body digestion and absorption**
Bill Walker Productions, Inc.
1 videocassette (VHS) (10 min., 35 sec.) + 1 film guide
Northbrook, IL: Coronet Film & Video, 1987.
**CALL NO**: Videocassette no. 752
**Summary**: The video program is designed to introduce young people to the processes of digesting food and absorbing the nutrients from that food. Set in the comparison context of a zoo, young people are shown how the body works to digest food from the tearing action of teeth to the workings of molecules to feed the body. Proper nutrition is also discussed in the text of the food which zoo keepers feed to the zoo animals.

# Resources for Children

**A child's organic garden: grow your own delicious nutritious foods**
Lee Fryer and Leigh Bradford
88 p.
Washington, DC: Acropolis Books, 1989.
**CALL NO**: jSB324.3.F79
**Summary**: None given

**Chocolate! chocolate! chocolate! The complete book of chocolate**
42 p.
New York, NY: Scholastic, 1989.
**CALL NO**: jTX767.C3
**Summary**: This book discusses chocolate, its history and the many ways it can be used. Recipes are provided for cooking with chocolate and instructions for throwing a chocolate party are given. Intended for a juvenile audience.

**Everyone likes to eat**
Hugo J. Hollerorth, Debra Kaplan; designed and illustrated by Sandy Schafer
136 p.
Boston, MA: Joslin Diabetes Center. 1988.
**CALL NO**: RC662.H65
**Summary**: This is a book for children who have diabetes, explaining the special care they need to take and sympathizing with the difficulty young people have eating properly in the face of the desire to be like everyone else.

**Food and digestion**
Steve Parker
48 p.
London; NY: F. Watts, 1990.
**CALL NO**: jQP145.P17
**Summary**: An introduction to the digestive system, discussing each stage of digestion, the organs which aid in the digestive process, and the assimilation of nutrients into the body's structure.

**Food and digestion**
Janet Burgess
48 p.
Englewood Cliffs, NJ: Silver Burdett Press, 1988.
**CALL NO**: jQP141.B98
**Summary**: This book designed for a juvenile audience discusses the role food plays in human health and how the digestive system breaks down and utilizes food to perform bodily functions. Topics include: hunters and farmers; what is food made of?; biting and chewing; the blood; the liver; the kidneys; not enough food; the wrong kind of food; food and sickness; and food in the future. The color photos and diagrams explore the digestive organs and how food is processed to supply the body with the nutrients essential for maintaining good health.

**Knowledge of nutrition**
Robert J. Florell, Harriet Kohn, and Glen Krohn
1 vol.
Lincoln, NE: Nebraska Cooperative Extension Service, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln, 1987.
**CALL NO**: TX360.V62N23
**Summary**: This study examines to what extent low income children enrolled in Nebraska's 4-H food and nutrition projects (through EPNEP) are learning the content of what is being taught.

**Shapedown just for kids, level 1**
Laurel M. Mellin
13 p.
San Anselmo, CA: Balboa Publishing, 1988.
**CALL NO**: RM222.2.M31
**Summary**: Shapedown was developed at the University of California School of Medicine. It puts the child in charge of his or her weight and guides parents in effective techniques for supporting their child. This workbook is designed for younger children by using juvenile stories to illustrate good eating habits. Weight loss, eating patterns, food choices, exercise plans, and behavior modification are included as well as record keeping charts and activity pages.

**Tasting**
Kathie Billingslea Smith and Victoria Crenson; illustrated by Robert S. Storms
24 p.
Mahwah, NJ: Troll Associates, 1988.
**CALL NO**: QP456.S6
**Summary**: This juvenile work discusses how the sense of taste works and what the tongue, nose, and mouth do to produce a sensation of taste. Written in a question-answer format, the authors explain in language understandable to juveniles the function of taste, why people get thirsty, and how animals use their sense of taste.

**Tasting**
Henry Pluckrose; photography by Chris Fairclough
32 p.
London; NY: F. Watts, 1986.
**CALL NO**: jTX546.P5
**Summary**: Photos and simple text describe the tastes of different types of food in order to stimulate the young reader to think about the flavors and textures of food.

# Resources for Adults

**The ABC's of children nutrition**
Carolyn O'Neil
1 videocassette (VHS) (23 min.) + 1 guide
Atlanta, GA: Turner Multimedia, c1992.
**CALL NO**: Videocassette no. 1340
**Summary**: Examines the child's behavior and development of physically fit children. Looks at quick and easy ways to ensure a balanced diet for children during their growing years.

**Annotated bibliography of nutrition education resources**
193 p.
Raleigh, NC: Dept. of Public Instruction, Div. of Child Nutrition, NET Program, 1984.
**CALL NO**: TX364.A5 1984
**Summary**: Provides listings and reviews of films, instructional kits, games, books, posters, transparencies, puzzles, and other nutrition education resources for grades K-12, available through the North Carolina Department of Public Instruction. The citations are categorized into 5 principal areas: preschool, kindergarten to sixth grade, seventh to ninth grades, tenth to twelfth grades, and books for use by the teacher. Listings of regional service areas and media specialists, and a directory of publishers and producers of nutrition education materials are appended. Citations of computer software and musical aids also are included.

**The breakfast advantage**
John Kerr
1 videocassette (VHS) (6 min., 35 min.)
Austin: Texas Nutrition Education Program, c1992.
**CALL NO**: Videocassette no. 1585
**Summary**: Describes the importance of breakfast to learning process. Discusses mandated requirements for establishing a school breakfast program.

**Building for the future: U.S.D.A. nutrition guidance for the child nutrition programs: a workshop model for school food service personnel**
28 leaves
West Virginia: West Virginia Dept. of Education, Office of Child Nutrition, Nutrition Education and Training Program, c1993.
**CALL NO**: LB3479.U5B85 1993
**Summary**: Introduces guidelines for nutrition programs serving children in a variety of settings. It can enable personnel to evaluate current nutrient quality of foods offered to children and to implement changes that reflect new standards for a healthy diet. Discusses the importance of offering foods low in fat: serving plenty of vegetables, fruits, and grain products; offering and using sugars, salt and sodium only in moderation; and promoting an alcohol and drug-free lifestyle.

**Child care food provider curriculum, 1992**
Annette Kobriger
123 leaves
Madison, WI: Wisconsin Dept. of Public Instruction, 1992.
**CALL NO**: RJ205.K62 1992
**Summary**: Designed for certification of people who have responsibility of providing nutritious and acceptable meals for children enrolled in certified, licensed, or DPI approved child care situations.

**Child nutrition lower elementary level: resource packet**
Star Campbell-Lindzey
University Park, PA: Nutrition Education Center, Benedict House, Pennsylvania State University, 1985.
**CALL NO**: TX361.C5C5
**Summary**: Designed for teachers and other educators who deal with elementary school children, this packet contains a variety of approaches to teaching nutrition concepts as well as background information on relevant issues. Sugar/behavior relationships, hunger/learning relationships, fast foods contents, and exercise/fitness are subjects presented in creative formats for both teaching and information purposes a play script, recipes, games, activities ideas, charts, worksheets, and references are included.

**Children and weight, what health professionals can do about it: a resource training kit**
Ad Hoc Interdisciplinary Committee on Children and Weight
1 videocassette, 1 sound cassette, 1 training manual, 1 book, 7 pamphlets and 2 charts in binder
Berkeley, CA: Nutrition Communications Associates, 1988.
**CALL NO**: Kit no. 47
**Summary**: This educational training kit contains objective, educational activities using audio and video tapes and resource materials to inform health professionals of the most recent data on children, body weight and food habits. Most of the information for the educational activities is contained in the position paper: "Children and Weight: A Changing Perspective."Other material included in this packet are: "Child feeding and regulation of food intake." from Food & Nutrition News. 1987. 89 (3); book jacket and order form for the book, Winning Weight loss for Teens; Food Guide for the First Five Years; Your Growing Child (Spanish and English language versions); What to Feed My Child (Spanish and English versions; 1st Foods for Your Baby (Spanish and English versions); and First Twelve Months. Children's growth charts from birth to 36 months and prepubescent are also included.

**Chinese American food practices, customs, and holidays**
36 p.
Chicago, IL: American Dietetic Association, American Diabetes Association, 1990.
**CALL NO**: RC662.C465
**Summary**: This book offers an evaluation and recommendations for the Chinese American diet as it pertains to the non-insulin dependent diabetic (NIDDM), which is a major health problem for older Chinese Americans (eighth leading cause of death among Chinese-Americans).

**Cholesterol in children: healthy eating is a family affair: parents' guide**
National Cholesterol Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health
51 p.
Bethesda, MD: The Institute, c1992.
**CALL NO**: RJ399.H94C46 1992
**Summary**: Discusses how blood cholesterol in children is related to heart disease later in life; which children should get tested and what to expect afterwards; how the family can eat a low-saturated fat, low-cholesterol diet; and how to help children follow a prescribed diet.

**Cholesterol in school age children: a program to develop awareness**
Johanna C. Burani
1 vol. + 19 transparencies
**CALL NO**: RM237.75.B87 1990
**Summary**: The objectives of this program are to increase understanding of cholesterol levels in the blood and risks that may accompany elevated levels; to introduce heart-healthy food choices that encourage an adequate, but not excessive daily intake of dietary fats; and to promote regular exercise as beneficial to general health.

**Diet guidelines for children with AIDS**
Selina C. Mkandawire
17 leaves
Newark, NJ: Children's Hospital of New Jersey, United Hospitals Medical Center: Special Child Health Services, New Jersey Dept. of Health
**CALL NO**: TX361.W55W52 no. 276
**Summary**: This book is designed to help parents of children with AIDS plan meals that are nutritionally adequate. Normal food intake for age is explained with emphasis on the balanced diet theme. Ways of increasing calories in the home to maximize total calorie and protein intake are explained. The major symptoms in children with AIDS that concern the health care team are fever, weight loss, persistent diarrhea, and thrush, nausea, anorexia, dyspnea, and profound fatigue - the diets in this book present possible solutions to these problems.

**Eating healthy for kids**
Liz Weiss and Carolyn O'Neil
1 videocassette (VHS) (22 min.) + 1 guide
Atlanta, GA: Turner Multimedia, 1990.
**CALL NO**: Videocassette no. 1032
**Summary**: Examines ways to establish good nutrition habits in youngsters and provides advice from experts on what families should know about making healthy food choices for children.



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**Every little bite counts: nutrition education activities for school food service personnel (2nd ed.)**
Roberta Richey (ed.) and Anna Kalin
60 leaves
Jefferson City, MO: Nutrition Education and Training Program, Missouri Dept. of Health, c1992.
**CALL NO**: LB3479.U5E9 1992
**Summary**: Written for those interested in expanding existing school food service programs by adding new ideas and more flexibility. Contains school lunch and breakfast patterns for various age groups; lists of suggested foods for school lunches and breakfasts; and suggested activities and promotional materials.

**Exploring foods for young children: a recipe for nutrition education (rev.)**
85 p.
Tallahassee, FL: State of Florida, Dept. of Education, c1992.
**CALL NO**: TX364.E98 1992
**Summary**: The purpose of this booklet is to provide a guide for preschool and early elementary classroom teachers to integrate nutrition education into the existing curriculum. The activities in the booklet suggest ways for children to learn to select nutritious foods and a well-balanced diet at an early age when attitudes and habits are being formed.

**Food for learning**
Kluz Channel 41 and Health and Family Associates, Inc.
1 videocassette (VHS) (16 min.)
Albuquerque, NM: Kluz Channel 41 and Health and Family Associates
**CALL NO**: Videocassette no. 1274
**Summary**: Stresses the importance of providing preschool children the opportunity to know about a wide variety of foods so that they may make decisions for healthful eating. It demonstrates how experiences can be provided through growing food, preparation, shopping, and eating. Adults are seen as facilitators.

**Good for you handbook strategies for improving students' dietary habits**
Judy Chismark
441 p.
Atlanta, GA: GA Dept. of Education, School of Community Nutrition Div., 1989
**CALL NO**: TX364.G6
**Summary**: This handbook provides strategies to educate students about nutrition throughout the School Nutrition Program. The objective in proposing these dietary strategies for school meals is to transform each meal into an example of optimal nutrition served in a positive environment. Various activities to be used with students that illustrate nutrition principles are suggested.

**Great meals, great snacks, great kids**
Jeanine Barone, et al.; edited by Joseph Wilkinson and the staff of Scholastic Inc., American Health Foundation
64 p.
New York, NY: Scholastic, 1989.
**CALL NO**: TX553.C43G73
**Summary**: This guide to healthy eating is primarily concerned with the impact of eating on lifelong health. The focus of this publication is the control of blood cholesterol levels in children in order to lower the risk for later development of coronary artery disease and, ultimately, heart attack. It is recommended that children's cholesterol levels be tested and, if necessary, eating patterns changed to reduce the intake of saturated fat and cholesterol. This guide contains low-fat, low cholesterol menus and recipes for the concerned parent.

**Growing healthy: promoting healthy body weight: overweight children, one to five**
1 manual, 31 duplicating masters, 2 brochures, booklet, and chart
Minneapolis, MN: Minnesota WIC Program, Minnesota Dept. of Health, c1991.
**CALL NO**: Kit no. 116
**Summary**: Kit provides resources for WIC educators addressing the problem of overweight. Information includes criteria to help educators identify factors influencing a child's growth/height status as well as review of literature and scientific basis for development of the curriculum.

**Growing up healthy and eating right with the Dietary Guidelines : a curriculum supplement for upper elementary and middle school teachers**
Steva Alexis Komeh
39 p. + 1 pamphlet
Maryland State Dept. of Education, c1992.
**CALL NO**: RJ206.K65 1993
**Summary**: Designed to help classroom teachers in upper elementary and middle schools incorporate activities which focus on the nutrition concepts
contained in the Dietary Guidelines.

**Guia del plan educativo sobre salud dental para ninos y familias del programa Head Start**
72 p.
Washington, DC: Departamento de la Salud y Servicios Humanos de los Estados Unidos, Oficina de los Servicios de Desarrollo Humano, Administracion para la Ninez, la Junventud y la Familia, Oficina de Head Start, 1990.
**CALL NO**: RK55.C5D4618
Uniform Title: Dental health education curriculum guide for use with Head Start children and families

**Guide for evaluation of nutrition educational materials**
Karen J. Oby
26 leaves
Bismarck, ND: MCH/WIC, North Dakota State Dept. of Health, 1989 - 1990.
**CALL NO**: TX364.G82
**Summary**: This booklet provides criteria for evaluating materials used in the North Dakota WIC Program for client or staff instruction. A checklist of characteristics to examine in written and audiovisual materials is provided in addition to readability formulas, examples of sponsor bias and promotion, and recipe guidelines.

**Head Start: the inside story of America's most successful educational experiment**
Edward Zigler and Susan Muenchow
274 p.
New York: BasicBooks, c1992.
**CALL NO**: LC4091.754 c1992
**Summary**: Describes the history of Head Start.

**The healthy E.D.G.E. in schools**
4 vol.
Alexandria, VA: American School Food Service Association, c1992.
**CALL NO**: TX945.2.H43 1992
**Summary**: Each edition focuses on a different aspect of school food service including rewarding and recognizing employees; team building; planning public relations campaigns; and balancing costs and calories.

**Infant and child nutrition**
Mary Jane Popovich
1 sheet
Tacoma, WA: Stretching Charts, 1987.
**CALL NO**: TX361.W55W52 no. 250
**Summary**: This sheet describes the diet and nutritional needs of infants and children from birth to the age of six years.

**Jewish food practices, customs, and holidays**
Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association
Catherine Higgins and Hope S. Warshaw
23 p.
Chicago, IL: American Dietetic Association; Alexandria, VA: American Diabetes Association, 1989.
**CALL NO**: RC662.J48
**Summary**: This ethnic and regional food practice book will present the basic rules of kashrut, or keeping kosher. These are the Jewish dietary principles set forth in the Torah. Information is provided on traditional and current Jewish food practices, customs and holiday celebrations. The text offers recommendations for dietary modification of Jewish food practices in managing diabetes.

**Katie the kidney presents what to eat and feel better**
Betty Wedman
St. Petersburg, FL: Betty Wedman Services, 1990
**CALL NO**: RC903.W42
**Summary**: This booklet provides people with kidney disease a basic guide to eating healthfully, with special considerations for proteins, potassium, and sodium.

**The Kellogg children's nutrition survey: a look at self-reported dietary habits and attitudes of children in America: executive summary**
Harris Scholastic Research, a division of Louis Harris & Associates, Inc., 1989.
**CALL NO**: RJ206.K4
**Summary**: This document reports the results of a survey of children on the topic of nutrition. The survey reports that children realize the need to eat well but are falling short in applying nutrition concepts in daily life. This examination of self-reported dietary habits and attitudes of children in America contains an executive summary and the data tables of responses to the survey.

**Keys to children's nutrition**
Carolyn E. Moore
New York, NY: Barron's Educational Series, 1991
**CALL NO**: RJ206.M78
**Summary**: This book helps parents become aware of how diet can affect children's health.

**La Piramide de la alimentacion**
National Health Video, Inc.
1 videocassette (VHS) (10 min.)
Los Angeles, CA: National Health Video, c1993.
**CALL NO**: Videocassette no. 1783
**Summary**: Describes the Food Guide Pyramid and discusses the reason for the pyramid design. Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses the nutrients to be found in each food group, how many servings are recommended from each group per day, and tells what a serving size is and why it is simportant.

**Learning about nutrition through food**
Kluz Canal 41, Health & Family Associates, Inc.
1 videocassette (VHS) (15 min.) (Spanish)
Albuquerque, NM: The Associates, c1989.
**CALL NO**: Videocassette no. 1243
**Summary**: This Spanish language video demonstrates for teachers of preschool children how to incorporate food and nutrition topics into classroom lessons. Suggested activities include field trips, meal time activities, food preparation, incorporation of food lessons with other subjects (math, art, science, etc.).

**Making childhood a healthy experience**
Jackie Rakowski
36 p.
Adelaide, SA, Australia: Public & Environmental Health Division South Australian Health Commission, c1991.
**CALL NO**: TX362.C5R35 1991
**Summary**: Designed to provide general information about the nutritional needs of young children, and offers practical suggestions as to how the day care center or kindergarten can best satisfy these needs. Includes menu plans, tips on nutrition education, and a list of community resource organizations in South Australia.

**Meals without squeals**
Christine Berman
240 p.
Palo Alto, CA: Bull Publishing Co., 1991.
**CALL NO**: TX361.C5B47 1991
**Summary**: This cookbook/nutrition guide provides information for meeting nutritional needs of children. It is simple, straightforward, clear, and easy-to-read, with menus, recipes, and solutions to common feeding problems. It shows how to offer children positive learning experiences with food. Included is information on allergies, eating disorders, lactose intolerance, USDA requirements of the Child Care Food Program and more.

**Menu for success!**
Tennessee Child Nutrition Programs
78 p.
Nashville, TN: Tennessee Nutrition Education & Training, c1987.
**CALL NO**: TX361.C5M46 1987
**Summary**: None given

**The National Food Service Management Institute**
University Teleproductions
1 videocassette (VHS) (9 min., 30 sec.)
Mississippi: National Food Service Management Institute, University of Mississippi, c1992.
**CALL NO**: Videocassette no. 1582
**Summary**: Discusses the National Food Service Management Institute and the services it provides. It also discusses the history of the National School Lunch Program and other child nutrition programs.

**Nutrition tips for parents of young athletes: building fitness together**
Sue Travis
42 leaves
Ithaca, NY: Cornell Cooperative Extension, c1992.
**CALL NO**: TX361.ABT72 1992
**Summary**: Designed to provide parents with reliable and accurate information about nutrition and sports for children ages 7-12. Contains practical recommendations for buying and preparing quick meals, drinks, and snacks that fit a family's busy lifestyle.

**Nutrition: a family affair**
Mojedh Bruss, Phyllis Nye, and Pat Cleveland
1 videocassette (VHS) (22 min.), 1 guide, 1 pre-test sheet, and 1 post-test sheet
Santa Fe, NM: Child Care Food Program, Nutrition Bureau, Public Health Division, New Mexico Health and Environment Dept., 1987.
**CALL NO**: Videocassette no. 656
**Summary**: This videotape discusses the importance of nutrition to children's health and growth. It suggests various possibilities for breakfast, lunch and snack foods and which types of food not to serve to children. Tips for grocery shopping with children are provided as well as the health and social educational benefits of encouraging children to select and prepare nutritious items in various situations such as celebrations, cooking or attending a movie.

**Nutrition basics (rev.)**
10 portfolios + 1 instructor information guide
Athens, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
**CALL NO**: TX364 N896 1991
**Summary**: This 10 module curriculum is designed to provide
in-depth instruction in basic nutrition throughout the life cycle. The goal is to increase knowledge and understanding of basic nutrition principles affecting school-age children, adolescents and adults. The course may be taught to groups of teachers, school nutrition managers, and other school personnel.

**The nutrition challenge: fight fats**
Linda McDonald
28 slides, 1 script, and 3 duplicating masters
**CALL NO**: Slide no. 419
**Summary**: Discusses the importance of limiting fat intake. Describes how to understand fat content on food labels, and calculate the percentage of fat in foods.

**The nutrition challenge: fill-up on fiber**
Linda McDonald
30 slides, 1 script, and 2 duplicating masters
**CALL NO**: Slide no. 417
**Summary**: Defines nutritional fiber and describes the different types of fiber. Identifies food high in fiber and discusses their role in preventing disease.

**The nutrition challenge: foods and immunity**
Linda McDonald
30 slides, 1 script, and 2 duplicating masters
Houston, TX: Nutrition Services, c1992.
**CALL NO**: Slide no. 416
**Summary**: Discusses how the immune system works, how certain nutrients impact diseases, and how good nutrition boost immunity.

**The nutrition challenge: slash sugar**
Linda McDonald
30 slides, 1 script, and 2 duplicating masters
Houston, TX: Nutrition Services, c1990.
**CALL NO**: Slide no. 418
**Summary**: Discusses sources of sugar in the diet, its physiological impact on the body, and ways to reduce sugar intake. Shows how to read food labels for sugar content.

**Nutrition education and training resource guide: Maryland**
1 vol.
Maryland: Maryland State Dept. of Education, Program Assistance & Monitoring and Child Nutrition Sections, c199?
**CALL NO**: Z5776.N8N88
**Summary**: Lists resource materials dealing with various aspects of nutrition. The materials are organized according to format: videotapes, 16mm films, filmstrips, computer programs, curriculum guides, books, transparencies, slides with cassettes, games, and miscellaneous materials.

**Nutrition for children**
1 booklet, 1 poster, 2 brochures, 1 pre-test, 1 post-test, 8 transparency masters, 1 follow-up test, and 1 workshop outline
Austin, TX: Nutrition Education & Training Program, Texas Dept. of Human Services, 1991.
**CALL NO**: TX361.C5N877
**Summary**: This workshop packet provides educators with advanced academic training and information on using the "Dietary guidelines for Americans" as a basis for nutrition education in the classroom.

**Nutrition for elementary-aged children**
Sally R. Anger and Star Campbell
1 portfolio (posters, pamphlets, worksheets, booklets, factsheets, charts, and articles)
University Park, PA: Penn State Nutrition Center, Pennsylvania State University, 1990
**CALL NO**: TX361.C5C53
**Summary**: This resource packet is designed for educators who need to be knowledgeable about key issues in the area of elementary-age child nutrition. The packet includes background information for teachers and examples of activities and teaching techniques.

**Nutrition issues**
15 portfolios + 1 instructor information guide
Atlanta, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
**CALL NO**: TX364 N896 1991
**Summary**: This 15 module curriculum is designed to provide in-depth instruction in basic nutrition throughout the life cycle.

**Nutrition labeling**
1 videocassette (VHS) (10 min.)
Austin, TX: Texas Dept. of Health, WIC Program, c1989.
**CALL NO**: Videocassette no. 1474
**Summary**: Discusses the nature of nutrients, what has to be included on nutrition labels, what information can be found on nutrition labels, and the meaning of the term U.S. RDA.

**A nutrition resource for Head Start home visitors**
Lois Morris Malmgren
163 p.
Greensburg, PA: Westmoreland County Head Start Program, 1986.
**CALL NO**: TX364.M34
**Summary**: Designed to be used by the paraprofessional as a reference and resource for developing and implementing nutrition education plans for families, this manual emphasizes the relationship between nutrition and health. Ways to develop and maintain sound nutritional habits are also stressed. Although specifically designed for use with low income families with preschoolers by Head Start Home Visitors, the material is adaptable for similar uses. Understanding eating habits, nutritional status assessment, general nutrition information, food preparation, nutrition during the life cycle, and nutrition-related health problems represent some of the broad topics addressed. Included are several activities and recipes.

**Oatmeal in my hair: the challenge of feeding kids**
Gannett Production Services
1 videocassette (VHS) (12min.)
Minneapolis, MN: The Services, c1992.
**CALL NO**: Videocassette no. 1301
**Summary**: Several parents discuss their problems with feeding their preschool children. Topics discussed include: ideas for snacks, ways to make mealtime more pleasant, shopping tips, typical characteristics of preschooler parents as role models.
Variety of ethnic groups and family types are represented, including a divorced father and a single other.

**Off to a good start: practical nutrition for children**
Catherine Romaniello and Nancy Van Domelen
130 p.
Englewood, CO: Wildwood Resources, Inc., 1989.
**CALL NO**: TX361.C5R65 1989
**Summary**: This resource book provides child-oriented nutrition information. Included are USDA Child Care Food Program rules and regulations, menus, shopping activities, songs, and activities for children of all ages.

**Picture books for preschool nutrition education: a selected annotated bibliography**
Louise Bayle
32 p.
Lexington, MA: The Author, 1987.
**CALL NO**: Z5814.F7B39
**Summary**: This annotated bibliography lists and describes over 130 picture books for children, ages 2 to 6. The bibliography includes author, publisher, date and price, if available for purchase. Story books were selected for having themes in which food and food-related activities play some important role, e.g., gardening, farming, fishing, and the market. Also included are stories about what animals eat; cooking; social and cultural aspects of food and eating and nonsense tales and rhymes about food. All books listed are in hardcover unless otherwise indicated. The annotated books are also listed by author, type of literature and in two categories: 1) when food comes from and 2) social and cultural aspects of food and eating.

**Preventing childhood eating problems: a practical, positive approach to raising children free of food and weight conflicts**
Jane R. Hirschmann and Lela Zaphiropoulos
160 p.
Carlsbad, CA: Gurze Books, c1993.
**CALL NO**: RJ206.H53 1993
**Summary**: Offers an approach to healthy eating based on the method of self-demand feeding. Presents evidence that children will naturally self-regulate their eating if rigid rules are not imposed upon them; anxieties about food, weight, and diet are eliminated if children are allowed to choose how they deal with food.

**Progress in sharing the Dietary Guidelines for Americans: activities of local practitioners in 16 communities across the United States**
Sara M. Steele and Marsha A. Appel
73 p.
Madison, WI: Dept. of Continuing and Vocational Education, University of Wisconsin, c1989.
**CALL NO**: TX360.U6S743 1989
**Summary**: None given

**Progress in sharing the "Dietary Guidelines for Americans": additional materials developed by national and state professionals**
Marsha A. Appel
16 p.
Madison, WI: Dept. of Continuing and Vocational Education, University of Wisconsin, c1989.
**CALL NO**: Z5776.N8A67 1989
**Summary**: None given

**Progress in sharing the Dietary Guidelines: the activities of eight groups of professionals**
Sara M. Steele and Marsha A. Appel
135 p.
Madison, WI: Dept. of Continuing and Vocational Education, University of Wisconsin, c1988.
**CALL NO**: TX360.U6S742 1988
**Summary**: None given

**Progress in sharing the Dietary Guidelines: summary of national, state, and local surveys of professionals**
Sara M. Steele and Marsha A. Appel
21 p.
Madison, WI: Dept. of Continuing and Vocational Education, University of Wisconsin, c1988.
**CALL NO**: TX360.U6S74 1988
**Summary**: None given

**Project 2001: nutrition for a new century**
John Kerr
1 videocassette (VHS) (6 min., 40 sec.)
Texas: Texas Nutrition Education & Training Program, c1992.
**CALL NO**: Videocassette no. 1584
**Summary**: Project 2001 is an invitation to schools to shape their food service around the concept of the Food Guide Pyramid. Participating schools receive a project information kit and promotional materials for parents and food service staff.

**Project 2001: nutrition for a new century**
1 set informational materials, 1 pamphlet, 18 duplicating masters, 1 sheet stickers, and 1 press release
Dallas, TX: Southwest Region, Food and Nutrition Service, U.S. Dept. of Agriculture, c1993.
**CALL NO**: Kit no. 158
**Summary**: Project 2001 is an invitation to schools to shape their food service around the concept of the Food Guide Pyramid. Kit contains project information and promotional materials for parents and food service staff.

**Promoting nutritional health during the preschool years: Canadian guidelines**
Network of the Federal/Provincial/Territorial Group on Nutrition and National Institute of Nutrition
148 p.
Ottawa: The Network, c1989.
**CALL NO**: RJ206.N47 1989
**Summary**: This book is intended to form the basis for the development and implementation of programs and policies related to health and well-being of children one to five years old.

**Promotional programs for Colorado school food services**
Thompson School District Nutritional Services Dept. in cooperation with the Greater Denver School Food Service Directors' Council
91 p.
Colorado:s.n., 199-?
**CALL NO**: TX945 P76
**Summary**: Discusses the essential elements to a successful school promotion: choosing the objective, communication with key people, planning the details, publicity before the events, and evaluation.

**Puppets use forks, too! Puppetry in nutrition education**
Brenda J. Miller and Merry Saegert
1 vol.
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1993.
**CALL NO**: TX364.M55 1993
**Summary**: Designed to provide training and familiarity with the use of puppets, particularly in the area of nutrition education. Directed toward teachers, child care workers, coordinators, etc.

**Recommendations for feeding preschool children**
Marion R. Van Nierop
20 p.
Lansing, MI: Michigan State Board of Education, Michigan Dept. of Public Health, East Lansing, Food Science & Human Nutrition, Cooperative Extension Service, Michigan State University, 1989.
**CALL NO**: RJ206.R32
**Summary**: This book is a reference for those working with young children. It provides guidelines for feeding healthy, preschool children (ages 1 to 5). It is designed to provide information on nutrition, normal growth and development, food habits, and health concerns associated with early childhood.

**The road to change**
Janet Cope
1 videocassette (VHS) (25 min.) + 1 folder of handout masters
Atlanta, GA: School and Community Nutrition Division, Office of Administrative Services, Georgia Dept. of Education, 1991.
**CALL NO**: Videocassette no. 1112
This self-instructional nutrition video and guidebook assist child nutrition staff in improving nutritional status through implementing the Dietary Guidelines. Both show realistic ways to change food gradually in school settings.

**Shaping healthy choices into action kit: implementation materials for the child nutrition, shaping healthy choices campaign**
Sacramento: California Dept. of Education, c1992.
2 videocassettes, 7 booklets, 3 brochures, and 1 set promotional materials
**CALL NO**: Kit no. 155
**Summary**: Program designed to help California schools and child development programs introduce children and youth to dietary practices that promote health, reduce the risk of chronic disease, and provide for optimal learning, growth, development and physical activity.

**Shapedown just for kids, level 1**
Laurel M. Mellin
13 p.
San Anselmo, CA: Balboa Publishing, 1988.
**CALL NO**: RM222.2.M31
**Summary**: Shapedown was developed at the University of California School of Medicine. It puts the child in charge of his or her weight and guides parents in effective techniques for supporting their child. This workbook is designed for younger children by using juvenile stories to illustrate good eating habits. Weight loss, eating patterns, food choices, exercise plans, and behavior modification are included as well as record keeping charts and activity pages.

**Smart choice, a guide to healthy food: a workbook for school food service personnel**
112 p.
Hartford, CT: State of Connecticut Dept. of Health Services, 1990.
**CALL NO**: TX911.3.T73S6
**Summary**: This publication discusses the connection between nutrition and cancer and supplies practical suggestions to limit the fat and increase the fiber in school lunches. The objective of this program is to fight cancer through healthy food choices. The school lunch information supplied by this document is intended to provide lunches with an average of 7-8.4 grams of fiber and no more than 27 grams of fat per meal based on a 600-800 calorie lunch for 7-10 year olds. Instructions for modifying recipes to reach these nutritional goals are included.

**Smart selections**
1 videocassette (VHS) (6 min., 50 sec.) + 1 booklet
Washington, DC: Public Voice for Food and Health Policy, c1993.
**CALL NO**: Videocassette no. 1600
**Summary**: Explains how the new food label offers more complete nutrition and health information than previous labels. Comedienne Carol Leifer walks through the aisles of a grocery store examining labels of various items.

**Snack picture recipes**
Kathy Finley and Janet C. Foos
43 leaves
Sacramento, CA: California N.E.T.P.?, c1986.
**CALL NO**: TX740.F56 1986
**Summary**: This step-by-step cookbook is for use with low-functioning students and adults.

**Start smart**
Department of Child Nutrition and the Department of School Improvement Services, Illinois State Board of Education
1 videocassette (VHS) (14 min.)
Alexandria, VA: American School Food Service Association, 1989.
**CALL NO**: Videocassette no. 1184
**Summary**: Stresses the importance of nutrition to the learning process. Breakfast programs have been particularly beneficial to Illinois school children.

**Starting smarter**
Dept. of Child Nutrition and the Dept. of School Improvement Services, the Illinois State Board of Education
1 videocassette (VHS) (11 min., 47 sec.)
Springfield: The Board, c199?
**CALL NO**: Videocassette no. 1588
**Summary**: Surveys school breakfast programs in Illinois. Discusses how a program is established, the importance of coordinating the arrival of children to school with the eating of their breakfast, supervision of the food preparation staff, and menu selection.

**A teacher's guide to 16 mm. films available from the N.E.T. library**
Paula M. Mydlenski
16 p.
St. Thomas, VI: Virgin Islands Dept. of Education, State Office of
Child Nutrition Programs, 1987.
**CALL NO**: Z5814.F7M9
**Summary**: This bibliography is a list of 16mm films for use in nutrition education which are available from the Virgin Islands Nutrition Education and Training Library. The intended audience for these films range from preschool to adult.

**Teaching children about food: a teaching and activities guide**
Christine Berman
Palo Alto, CA: Bull Publishing.
**CALL NO**: TX3643 B47 1991
**Summary**: Teaches parents and child care providers cooking and gardening activities for children, tips to help children become smart consumers, ways to teach appreciation for cultural diversity regarding food choices and preparation,and an understanding of the relationship between food and our environment.

**Traditional African cooking**
Ola Olaore
96 p.
London & New York: Foulsham, c1990.
**CALL NO**: TX725.A35043 1990
**Summary**: Contains original recipes which were selected by the author for ease of preparation and availability of ingredients. Includes recipes for soups, stews, poultry, meat, side dishes, snacks, sweets, and drinks. Includes a sections on buffet suggestions and a guide to regional specialties.

**The white paper on school lunch nutrition**
Washington, DC: Center for Science in the Public Interest, 1990.
**CALL NO**: LB3479.U5C5
**Summary**: This report, from the Citizen's Commission on School Nutrition, makes recommendations on school lunch nutrition, which include: limit number of calories from fat to 35%; limit sodium to 1,000 milligrams per lunch; and non-nutritive foods (sodas, chips, candy, etc.) should not be sold during school hours. Contains easily prepared vegetable recipes.

**Whose job is it? foodbeat: promoting the positive foodbeat: solving problems**
1 videocassette (VHS) (30 min.)
St. Paul, MN: The Division: The Office, 1989.
**CALL NO**: Videocassette no. 873
**Summary**: The overall goal of the video is to promote good nutrition and appropriate growth of preschool age children by providing their parents with video models of appropriate/positive skills for child feeding. The video has 3 segments. The first segment aims to educate parents on division of responsibility in child feeding. Segment 2 aims to provide parents with information on positive parent skills to use vs. abuse of food in parenting. Segment 3 aims to increase parents' knowledge on specific common nutrition issues in child feeding such as portion sizes, set meal and snack time, food jags, etc.

**Yog leej twg hauj lwn; Sib tham txog kev Xyaum me nyuam**
**(Whose job is it? Promoting the positive: solving problems)**
City of Saint Paul, Division of Public Health in cooperation with the Office of Cable Communications
1 videocassette (VHS) (25 min.) + 2 guide/scripts
St. Paul, MN: The Division; The Office, 1989.
**CALL NO**: Videocassette no. 872
**Summary**: The overall goal of the video is to promote good nutrition and appropriate growth of preschool age children by providing their parents with video models of appropriate/positive skills for child feeding. The video has 3 segments. The first segment aims to educate parents on division of responsibility in child feeding. Segment 2 aims to provide parents with information on positive parents skills to use vs. abuse of food in parenting. Segment 3 aims to increase parents' knowledge on specific common nutrition issues in child feeding such as portion sizes, set meal and snack time, food jags, etc.

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